

**TWO WEEKS TO THE BEACH? GET A SHOTGUN 6-PACK!**

# Men's Health

9 771356 743132 07>

JULY 2013 £3.99 / 100% USEFUL

**FLICK YOUR LIVER  
RESET SWITCH P77**

**LEAN  
HARD  
FIT &  
FAST!**

**JOE MANGANIELLO'S 9-MOVE  
PLAN FOR SIZE AND SPEED**

**PING!  
INSTANT  
MUSCLE  
MEALS!**

**THE SIX RULES  
FOR LONGER LIFE**



**+  
36**

**WAYS TO  
LOSE YOUR  
LOVE HANDLES**

**HAVE SEX  
WITH ALL  
YOUR EXES**

LOOK GOOD IN BEACH  
SNAPS, BY ARNOLD. P49



**GET RICH CLICK! MAKE £5000 NOW WITH INSTAGRAM**



**A PARTNERSHIP TO BENEFIT  
ENVIRONMENTAL CHARITIES**

Leonardo DiCaprio and TAG Heuer have joined forces  
to contribute to Green Cross International initiatives.

Available at TAG Heuer Westfield London, Westfield  
Stratford City and selected fine jewellers nationwide.  
For further information please call 0800 037 9658,  
or visit [www.tagheuer.com](http://www.tagheuer.com)

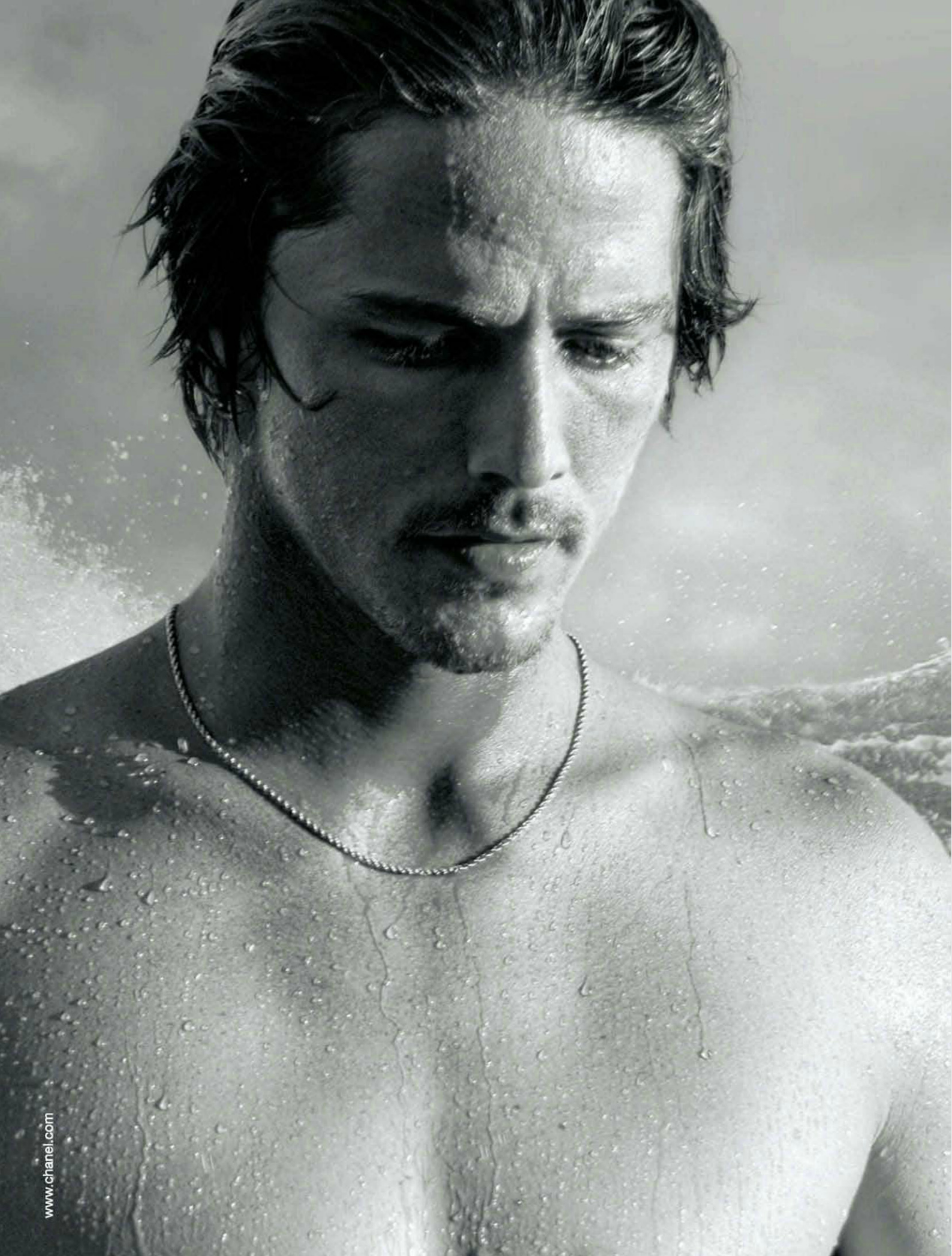




Aquaracer Series



**TAGHeuer**  
SWISS AVANT-GARDE SINCE 1860





**CHANEL**



David Beckham. A global icon who insists on perfection. Precision and style. A legend forged by accomplishments. On his wrist is the Breitling Transocean Chronograph Unitime, the ultimate traveller's watch. Manufacture Breitling Calibre B05, officially chronometer-certified by the COSC, endorsed by a 5-year Breitling warranty. High-performance selfwinding chronograph. Universal time function enabling permanent readings of the time in all 24 timezones thanks to a patented mechanism and a supremely user-friendly crown-operated correction system. Comfort and elegance for first-class travellers. Signed Breitling.

For your nearest stockist in Great Britain and Ireland telephone 020 7637 5167

**BREITLING.COM**

# WORLDCLASS TRAVELLERS



£8460\*



INSTRUMENTS FOR PROFESSIONALS™

\*RRP. Subject to change without notice.





sport

DOLCE & GABBANA  
the one



Official fuel consumption figures for the Audi SQ5 3.0 BiTDI quattro in mpg (l/100km): Urban 37.2 (7.6), Extra Urban may not reflect real driving results. For more information please visit [audi.co.uk/sq5](http://audi.co.uk/sq5)



## **Shame that it disappears into the distance so quickly.**

Take a long look. This is a rare chance to take in the beautiful aerodynamic body of the bi-turbo diesel SQ5. Delivering fuel efficiency and power, all 313PS of it. It's another example of our belief that style is nothing without substance. To arrange a test drive go to [audi.co.uk](http://audi.co.uk) or visit your local Audi Centre.

**The new Audi SQ5. Engineered beautiful.**





# VERSACE EROS

THE NEW FRAGRANCE FOR MEN



PHOTOGRAPHER PATRIK GIARDINO  
AT EYE-FORWARD.COM  
STYLING MICHAEL CIOFFOLETTI  
FOR CELESTINEAGENCY.COM  
CLOTHING, MAIN COVER T-SHIRT,  
RAG & BONE; JEANS, DOLCE & GABBANA  
CLOTHING, ON THE ROCKS SHORTS,  
GAP; LUNARGLIDE+4 TRAINERS, NIKE;  
UNDERWEAR, CALVIN KLEIN

**P 25** **P 59** **P 77**



## > ON THE COVER

**P46 LEAN, HARD, FIT & FAST**  
True Blood's Joe Manganiello shows off his savage workout. In the desert, naturally

**P71 GET RICH ON INSTAGRAM**  
Earn a modern crust from those sepia-tinted food photos with our cash-for-shots blueprint

**P77 RESET YOUR LIVER**  
Purify yourself with a healthy hangover pork dish that's less effort than a bacon buttie

**P100 BRITISH SUMMER OF SPORT: YOUR NEW TRAINERS**  
MH staffers go head-to-head with GB world-beaters to tell you how to up your own game

**P108 36 WAYS TO LOSE YOUR LOVE HANDLES**  
The easiest and most effective tricks that'll rid you of that stubborn fat before summer

**P114 SEX WITH YOUR EXES**  
Yes, even her. Our writer goes back through his little black book to see if you should too



## > AGENDA

**P25 PRIMEVAL MUSCLE**  
The iron age is over. Build total strength with a new weight-free programme: Animal Flow

**P31 REANIMATE DATE NIGHT**  
Advice from *The Walking Dead*'s smart and beautiful Lauren Cohan. Mmm, brains...

**P39 FACETIME WITH THE WORLD'S TOP COACHES**  
Sack your overpriced PT and get elite online training from the best minds in the business

**P40 WATER CARRIER**  
Bite-marked floats and budgie smugglers simply won't wash. Try out these swim-bag heroes



## > CORE

Let MH's resident erotic adventurer reboot your love life with the latest sex toys. Your girlfriend will thank her for it (p59). On the subject of improved performance, the England cricket team's shrink is on hand to cure your workplace yips (p65). Finally, our double whammy half-marathon plan will stop you hitting the wall, or the golden arches (p68).



## > LIFETIME

**P78 EMULATE WIGGO**  
By cycling a stage of the Tour de France (just not as quickly)

**P82 TIME TO BURN**  
Eight ways to barbecue those extra fairweather calories

**P85 FROM FAT TO LATS**  
Build a swimmer's torso long before you set foot in the water





BENTLEY

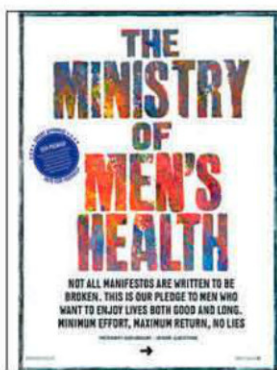


Always with attitude.

Bentley for Men. The new Fragrance.

For stockists call 0845 0035330

<sup>P</sup>86



## > FEATURES

First in (appropriately) is the story of special-forces captain David Blakeley, who survived behind enemy lines against the odds (p86). His fitness advice is worth heeding. From the MOD to the Ministry of *Men's Health*, follow our manifesto of initiatives for a longer, better life, as voted for by our coalition of leading experts (p93).

<sup>P</sup>123



## > PT

**P126 TAKE YOUR MEDICINE**  
One ball; 10 MMA-approved moves; punch-stopping abs

**P130 THE LIONS KING**  
Leigh Halfpenny's workout for dynamic power and size

**P137 MUSCLE-UP**  
Take your pull-ups to a new (elite gymnastic) level and add more bulk with every rep

<sup>P</sup>147



## > FUEL

We give you the manly tools to make your meat work harder (p147), a fast fish parcel that delivers quality protein at microwave-meal speed (p151) and the kitchen skills that will slice your food bills (p153). And for afters, we also have a mouth-watering seafood recipe that builds muscle – with mussels (p154).

<sup>P</sup>159



## > STYLE

**P159 GAME, SET, MATCH**  
Summer-ready sportswear with more changes than the Great British weather

**P165 JOIN THE FOLD**  
These 007-approved foldaway shades will keep you looking cool in the tightest of spots

**P166 BEAT FATIGUES**  
At ease, men: here are five ways to pull off camo trousers and still look like a grown-up

**P170 POST-WORKOUT COOLDOWN**  
Regain instant composure after the sweatiest session with these wash-bag essentials

P114



1312a 2003 x

P151



P165



FOR OUR NEXT TRIP...

# MEN'S HEALTH ON DRUGS!

From legal highs to narcotic lows, plus some psychedelic gamechangers along the way, next month we're getting right on it...

## FEATURING

EPO, TRIED AND TESTED  
BARACK OBAMA ON POT  
THE DIY SMART PILL  
& ECSTASY WORKOUTS!

AUGUST ISSUE  
ON SALE 3 JULY

**Men'sHealth**  
THE UK'S BIGGEST MEN'S MAGAZINE

# Men'sHealth

EDITOR

**TOBY WISEMAN**

DEPUTY EDITOR

**MIKESHALLCROSS**

CREATIVE DIRECTOR

**DECLAN FAHY**

PHOTO DIRECTOR

**CAT COSTELLOE**

FEATURES EDITOR

**DAVID MORTON**

PRODUCTION EDITOR

**JOHN-PAUL NICHOLAS**

STYLE DIRECTOR

**DAN ROOKWOOD**

ART DIRECTOR

**JAMIE SAGE**

COMMISSIONING EDITOR

**IAN TAYLOR**

COMMISSIONING EDITOR

**JAMIE MILLAR**

FITNESS EDITOR

**ALEX HARRIS**

DEPUTY ART DIRECTOR

**MARIANNE WALLER**

WEB EDITOR

**ED VANSTONE**

PICTURE EDITOR

**MARK KENNEY**

SENIOR WRITER

**MARK SANSOM**

SENIOR STYLE EDITOR

**ERIC DOWN**

SUB-EDITOR

**SCARLETT WRENCH**

DESIGNER

**LISA BARLOW**

EDITORIAL ASSISTANT

**MARK PEACOCK**

PICTURE ASSISTANT

**NICOLA SEWELL**

ASSISTANT WEB EDITOR

**BRITTANY KENNEDY**

EDITOR AT LARGE

**DAN JONES**

ASSOCIATE STYLE EDITOR

**DAVID WATERS**

CREATIVE DEVELOPMENT DIRECTOR

**MORGAN REES**

GROUP PUBLISHING DIRECTOR

PUBLISHER

ADVERTISING DIRECTOR

ADVERTISING MANAGER

MARKETING DIRECTOR

MARKETING EXECUTIVE

HEAD OF FASHION ADVERTISING

PROMOTIONS MANAGER

CREATIVE SOLUTIONS ART DIRECTOR

CREATIVE SOLUTIONS PROJECT MANAGER

DIGITAL ADVERTISING MANAGER

DIGITAL SALES EXECUTIVE

DIGITAL SALES EXECUTIVE

PRODUCTION MANAGER

EDITOR, BOOKS

ART EDITOR, BOOKS

**ALUN WILLIAMS**

**DUNCAN CHATER**

**CHARLIE KENNEDY**

**TOM LAKE**

**CLAIRE MATTHEWS**

**DOROTA WISZNIEWSKA**

**SAM O'SHAUGHNESSY**

**ELAINE NIVEN**

**CHRIS ANDERSON**

**SAMANTHA PELIZA**

**CHLOE HARPER**

**JONATHAN EDWARDS**

**JOSH MOORE**

**ROGER BILSLAND**

**TOM STONE**

**GRAEME SAPSED**

## HEARST-RODALE JOINT BOARD OF DIRECTORS

CEO, HEARST MAGAZINES UK

**ARNAUD DE PUYFONTAINE**

PRESIDENT AND CEO, HEARST MAGAZINES INTERNATIONAL

**DUNCAN EDWARDS**

FINANCE DIRECTOR, HEARST MAGAZINES UK

**ANDY HUMPHRIES**

SENIOR VICE PRESIDENT, RODALE INTERNATIONAL

**ROBERT NOVICK**

MEN'S HEALTH IS PUBLISHED IN THE UK BY HEARST RODALE LIMITED, A JOINT VENTURE BY HEARST MAGAZINES UK, A WHOLLY OWNED SUBSIDIARY OF THE HEARST CORPORATION, AND RODALE INTERNATIONAL, A DIVISION OF RODALE INC. MEN'S HEALTH IS A TRADEMARK OF, AND IS USED UNDER LICENCE FROM, RODALE INC. HEARST RODALE LTD, 33 BROADWICK STREET, LONDON W1F 0DD. TEL: 020 7339 4400. FAX: 020 7339 4444. RODALE'S MEN'S HEALTH (ISSN 1356-7438). COPYRIGHT © 2013. ALL RIGHTS RESERVED. MEN'S HEALTH IS PRINTED AND BOUND BY WYNDHAM HERON, THE BENTALL COMPLEX, COLCHESTER ROAD, HEYBRIDGE, MALDON, ESSEX CM9 4NW. DISTRIBUTION BY COMAG. PUBLISHED 11 TIMES A YEAR. CONDITIONS APPLY. FOR ANNUAL SUBSCRIPTION RATES FOR THE UK, PLEASE CALL OUR ENQUIRY LINE ON 0844 848 5203. BACK ISSUES, CUSTOMER ENQUIRIES, CHANGE OF ADDRESS AND ORDERS TO: MEN'S HEALTH, HEARST MAGAZINES UK, TOWER HOUSE, SOVEREIGN PARK, LATHKILL STREET, MARKET HARBOUROUGH, LEICESTER LE16 9EF (0844 848 5203; MONDAY TO FRIDAY, 8AM-9.30PM AND SATURDAY, 8AM-4PM. CREDIT CARD HOTLINE: 0844 848 1601). MEN'S HEALTH, ISSN 1356-7438, IS PUBLISHED MONTHLY, 11 TIMES PER YEAR, (EXCEPT FEB) BY HEARST RODALE LIMITED C/O USACAN MEDIA DIST. SRV. CORP. AT 26 POWER DAM WAY SUITE S1-S3, PLATTSBURGH, NY 12901. PERIODICALS POSTAGE PAID AT PLATTSBURGH, NY. POSTMASTER: SEND ADDRESS CHANGES TO MEN'S HEALTH C/O EXPRESS MAG, PO BOX 2769, PLATTSBURGH, NY 12901-0239



MENSHEALTH.CO.UK

L'EAU D'ISSEY POUR HOMME **SPORT**

**ISSEY MIYAKE**



Take a deep breath on... [www.sport-emotions.com](http://www.sport-emotions.com)

LUNA ROSSA  
CHALLENGER OF THE 34<sup>th</sup>  
AMERICA'S CUP



PRADA

LUNA ROSSA

THE NEW FRAGRANCE FROM PRADA  
PRADA.COM



**FROM THE ASHES** p/65  
Knock self-doubt for six with the mental resilience plan that turned the English cricket team into world-beaters



**PRIDE OF THE GYM** p/130  
The Lions' secret weapon, Leigh Halfpenny, reveals the ferocious workout that makes match-winning muscle and speed



**WINNING LOOKS** p/159  
Walk like a champ by styling yourself for every major sporting event this summer



**GRAND-SLAM FUEL** p/33  
Wimbledon's top seeds don't do gluten. This fitness-boosting sandwich will give you 30g of protein and energy worthy of Centre Court

**STRENGTH**



# Men's Health EDITOR'S LETTER

It's really not so long ago that British sportsmen seemed to be making up the numbers. They were competent, fair-minded and won friends, but ultimately left podiums untroubled. Over the last five years, however, we have gone from being people-pleasers to world-beaters. The deluge of gold at the Olympics was almost embarrassing, and our cyclists, boxers – even tennis players for God's sake! – are in the world's elite. To celebrate their achievements, we present our first British Summer of Sport special.

On p100, we show you what happened when our writers challenged athletes including David Haye and Alex Oxlade-Chamberlain to work out with them. They got pwned obviously, but along the way they learned a few of the drills and moves that give our superstars their formidable edge.

If it's a world-leading physique you're looking for, check out our interview with Leigh Halfpenny, the man tasked with putting the fear of God into the Australians during this summer's British & Irish Lions tour. Turn to p130 to discover the workout that turned the once-skinny Welshman into a powerhouse with a near one-tonne tackle.

But in modern sport, the mind is often the most important muscle, and on p65, we settle down on the couch of the sports psychologists who have turned the England cricket team from the New World's favourite joke into the New World (batting) Order. Ahead of their much-awaited Ashes defence, we've learnt the secrets of England's winning mindset, and how to apply it in your own life.

Because who knows? Our sportsmen have gone from merely thrilling us to possibly being in the vanguard of a more far-reaching national revival. Where once we just had hope, they routinely deliver glory. Dare you join them?

**TOBY WISEMAN**  
EDITOR



# Men's Health EXPERT ADVICE

THE MH ADVISORS MAKING YOUR MONTH MIGHTIER



## REANIMATE YOUR SEX LIFE WITH LAUREN COHAN

The delectable *Walking Dead* star took time out from slaying zombies to give you her tips for resurrecting date night. P31



## KICK YOUR CHRONIC HABIT WITH PROF CRAIG JACKSON

Birmingham City Uni's head shrink reveals what weed is really doing to your brain. Fo' shizzle. P62



## SUBTRACT 10KG IN WEEKS WITH DR KEVIN HALL

The better-than-good doctor shares the precise formula that will see you drop fat quickly – minus hours in the gym. P135



## BUILD FIGHT-CLUB FITNESS WITH SEAN KEEFE

The UFC's go-to personal trainer prescribes medicine ball moves that will make you lean, fast and lethal. P126



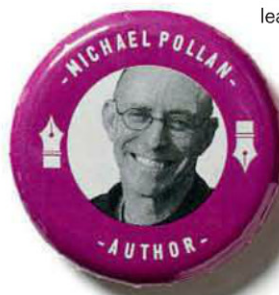
## BE WARZONE-READY WITH CAPT DAVID BLAKELEY

The Pathfinder and black ops veteran reveals his top-secret roadmap for physical and mental invulnerability. P86



## FULL-MEASURE MUSCLE WITH LEIGH HALFPENNY

The Six Nations standout and Lions linchpin gives you the moves to help you bulk up without slowing down. P130



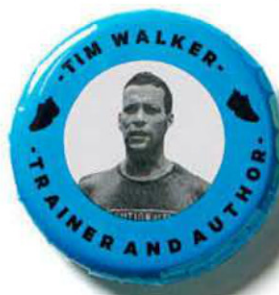
## FORGET YOUR 5-A-DAY WITH MICHAEL POLLAN

The award-winning author and *New York Times* bestseller pens your improved dietary doctrine. Pile your plate high. P98



## KICK YOUR ARSE INTO SHAPE WITH BRET CONTRERAS

Arguably the world's leading glute expert knows unarguably the most effective move for the seat of your power. P34



## EVOLVE YOUR PHYSIQUE WITH TIM WALKER

The founder of Evolution of Man Fitness reveals his revolutionary techniques (hint: grab a hammer). P129





**Bell & Ross**  
TIME INSTRUMENTS



BR FLIGHT INSTRUMENTS COLLECTION

BR01-92 AIRSPEED · BR01-92 HEADING INDICATOR  
Bell & Ross UK: +44 207 096 0878 · e-Boutique: [www.bellross.com](http://www.bellross.com)

# YOUR TURN.

## THE NEW JAGUAR F-TYPE.

It's the sports car only Jaguar can make. Supercharged engines and supercharged emotions. And from £58,520, now it's your turn.

[JAGUAR.CO.UK](http://JAGUAR.CO.UK)



Take your turn. Download the Blippar app to get inside the F-TYPE.

## HOW ALIVE ARE YOU?

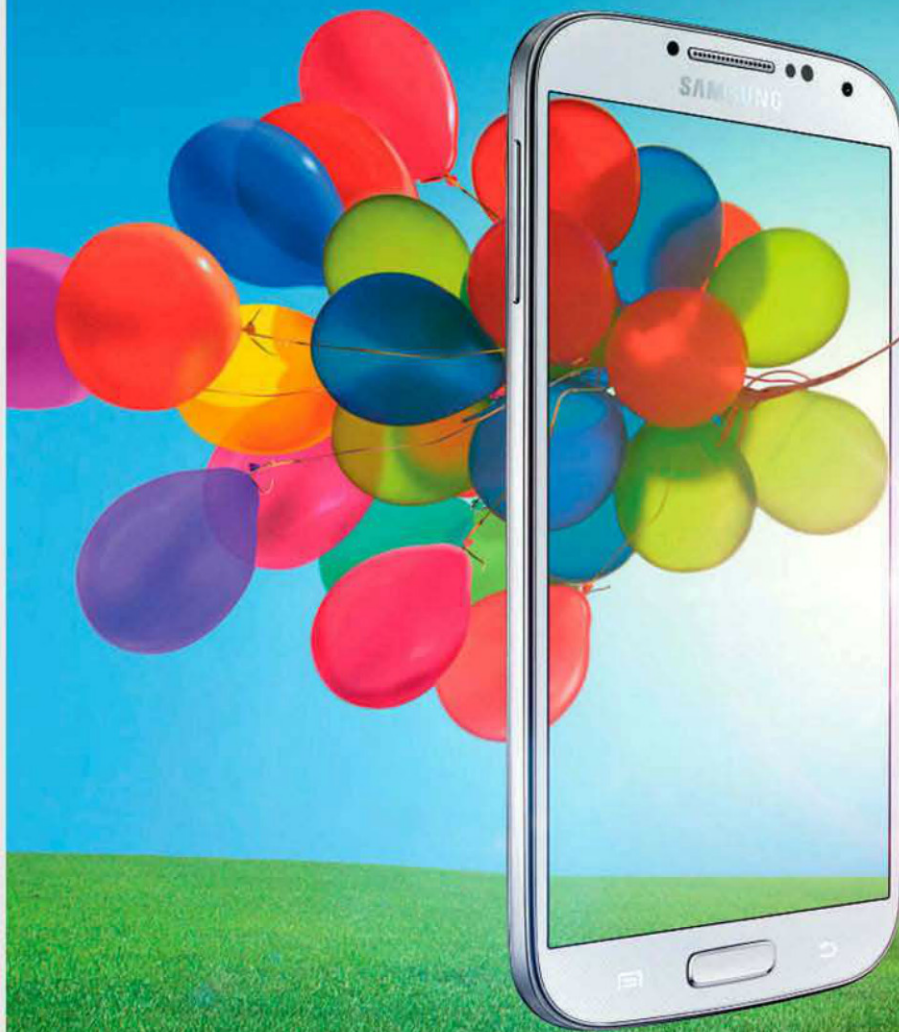
Vehicle shown F-TYPE V8 S from £79,985 On The Road. F-TYPE range official fuel consumption figures (tested in accordance with EU legislation) in mpg (l/100km): Urban 17.8-22.4 (15.9-12.6); Extra Urban 34.0-40.9 (8.3-6.9); Combined 25.5-31.4 (11.1-9.0). CO<sub>2</sub> Emissions 259-209 g/km. For comparison purposes only. Real world figures may differ.



JAGUAR

# Samsung GALAXY S4

Life companion



Samsung GALAXY S4

Now available on EE



Limited coverage, check [ee.co.uk/coverage](http://ee.co.uk/coverage). 4G speeds depend on location and number of users. Minimum term and other terms apply.

# AGENDA

## NOW TRENDING IN HEALTH AND FITNESS

### IN THIS SECTION

#### 29 LIFT OFF WEIGHT

Why going heavy in the gym will lighten your load faster

#### 31 ZOMBIE SEX TIPS

*The Walking Dead's* Lauren Cohan reanimates your love life

#### 33 GRAND-SLAM GLUTEN

Go against the grain to play like Wimbledon top seeds

#### 34 KICK UP THE GLUTES

Renovate your body's derelict powerhouses in one move

#### 42 PICKLE YOURSELF

Cut cholesterol and prolong your life – with kimchi

THE NEXT  
BIG THING

## TRAIN LIKE A BEAST

Forget caveman workouts: you can build functional, flexible muscle and primal fitness with bodyweight system Animal Flow



WE DON'T KNOW WHAT  
ANIMAL THIS IS, BUT  
IT LOOKS COOL

If you're at all sceptical about moves with names like 'travelling ape', just try it before you scoff. "It's surprising how difficult this stuff is," says Mike Fitch, Animal Flow creator, PT and all-round bodyweight training don. (It's him in the pictures.) "You take these really big, strong guys, get them on the floor and they struggle – it's pretty humbling for them."

If you haven't heard of the latest primal fitness trend to come out of the States, Animal Flow is a hybrid that takes in gymnastics, parkour, capoeira, and even breakdancing. What makes it so hard is also what makes it so effective. "Using all of your limbs at the same time through multiple planes of motion, as they were intended, has a carry-over to power, strength, endurance and fat loss. Even if you simply want to improve your ability to lift weights, this will do it."

Not that you'll want to: Fitch hasn't lifted anything other than his own body for more than two years, having become disillusioned with getting "jacked" (not to mention injured). "I've never looked or felt better. You never forget your first handstand press-up, your first flag. These are benchmarks as a bodyweight athlete – and as a human being." Consider this your induction into the jungle gym.

## HIPSTER FIT

Moves such as the crab reach dynamically stretch your hips, which are often overlooked and overtight, causing knee and ankle problems

## LEG BUSTER

Animal Flow isn't your typical cardio workout – but using all of your muscles at once, legs included, requires a lot of oxygen

## TRUNK SHOW

You know about core stability – but Animal Flow also protects the integrity of your shoulders, hips, back and shoulder blades

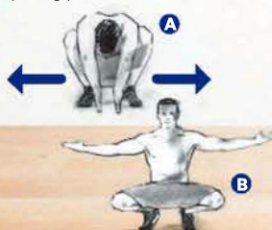
## BE AN ANIMAL IN THE GYM

Depending on how hard you want to work, you can use Animal Flow as a high-intensity workout, dynamic warm-up or active recovery. You can also slot individual moves into other circuits to see huge improvements in strength, not to mention shoulder and arm muscle.

### 01 APE REACH

10 reps, holding for 2-5sec

To combat monkey-at-typewriter hunch, squat down, arms forward (A). Sit up on your heels, open your knees and stretch out your arms, pulling your shoulders back (B).



### 02 CRAB REACH

Work up to 10 reps on each arm

Assume the crab position: feet flat, chest up and knees bent (A). Push your hips up as high as you can, reaching one arm over to hit those neglected back muscles (B).



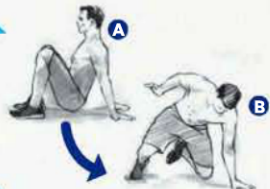
GYM KIT: WHAT SEPARATES MAN FROM BEAST

FOR MORE FROM MIKE FITCH SEE GLOBALBODYWEIGHTTRAINING.COM | T-SHIRT £55 ORLEBAR BROWN (ORLEBARBROWN.CO.UK); SHORTS £45 CARHARTT (CARHARTT-WIP.COM); ADIDAS ENERGY BOOST TRAINERS £120 ADIDAS.CO.UK

#### 04 UNDERSWITCH

30sec intervals, work up to 1min

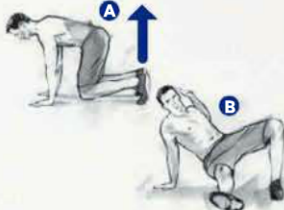
From crab position (A), lift your right hand and right foot an inch. Rotate over the lifted leg (B) until you land on all fours. Lift the same leg and hand to return to the start.



#### 05 SIDE KICKTHROUGH

30sec intervals, work up to 1min

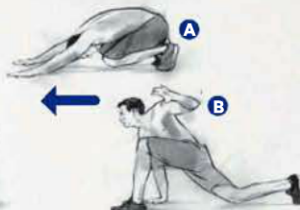
This beast of a cardio move mauls your abs. On all fours (A), lift your right leg and left hand. Rotate your leg beneath you and kick it out (B). Return and repeat to the right.



#### 06 FRONT STEP

10-15 each leg

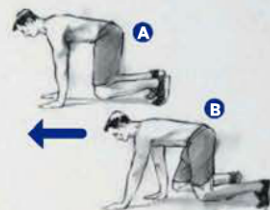
Squat, arms stretched in front of you, and push your hips back (A). Now spring forward, bringing your left foot in front of your hand. (B) Hop back; repeat on the other leg.



#### 07 FORWARD-TRAVELLING BEAST

30sec intervals, work up to 1min

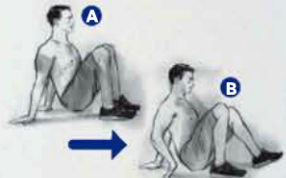
On all fours (A), step off with your right foot and left arm (B) – crawl, keeping your knees off the ground. The full-body demands will have you howling and dog-tired.



#### 08 FORWARD-TRAVELLING CRAB

30sec intervals, work up to 1min

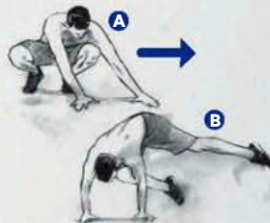
From the crab (A), step off with your left foot and right arm (B), switching sides and keeping your hips an inch off the floor. Remember to go forward, not sideways.



#### 09 LATERAL-TRAVELLING APE

10 reps or alternate for 1min

Place your hands to the side of your feet (A), lift your hips and kick your leg out to the side, landing with the other leg (B). Alternate sides to gorilla-pound your entire body.

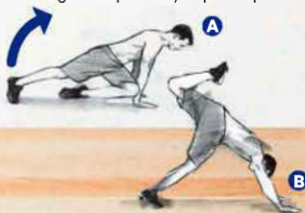


**WRIST WATCH**  
Protect your wrists with these two warm-ups: roll them, fingers clasped, then press the backs of your hands together, fingers down

#### 03 SCORPION REACH

5 reps each leg

This one may sting. In a press-up position with your legs bent, bring one knee under your body (A). Kick your heel up and over (B), rotating through the spine as you push up.



## GO WITH THE FLOW

Animal Flow moves are used in seamless combos, so you're constantly moving and working. Below is an example routine, but once you've mastered it you can build your own or freestyle. NB classes last an hour...

Forward-travelling beast (5 steps each side)  
Side kickthrough (5 each side)  
Front step (5 each side)  
Lateral-travelling ape (5 each side)  
Forward-travelling crab (5 steps each side)  
Underswitch (4 full rounds each way)

ANIMAL FLOW CLASSES AND PERSONAL TRAINING SESSIONS ARE AVAILABLE AT EQUINOX GYM. CALL 0207 666 6000 OR GO TO EQUINOX.COM FOR MORE

CERTINA  
SWISS WATCHES SINCE 1888



PREMIUM PARTNER OF SAUBER F1 TEAM



PRECISELY  
YOUR  
MOMENT

DS EAGLE

GMT - SECOND TIME ZONE (24 H)  
12-HOUR CHRONOGRAPH

[WWW.CERTINA.COM](http://WWW.CERTINA.COM)

HOUR  
PASSION

427 OXFORD ST, LONDON W1C 2PJ  
020 7629 0409  
[www.hourpassion.com](http://www.hourpassion.com)



CERTINA 125<sup>TH</sup>  
ANNIVERSARY

# 263

THE NUMB3R

The increase in your calorie intake after sleeping for just four hours, instead of eight. Improve your shuteye simply by downloading Sleep Cycle (69p) – and stop using your smartphone before bed. *Columbia University*

NO \$!@#, SHERLOCK!

**“THINKING ABOUT HOW HEALTHY A FOOD IS BEFORE YOU EAT IT MAKES YOU MORE LIKELY TO CHOOSE HEALTHY FOOD”**

*Cleveland Clinic*

THE Word

## GLUTTONY

This is the deadly sin that TV cookery shows inspire in their viewers. People make poorer food choices after just 10min of watching *Man Vs Food* et al. *Hobart and William Smith Colleges, US*



**Viagra assists weight loss by converting white fat cells into ‘brown’ fat, which actually burns calories.** *University of Bonn, Germany*

## NEWS FEED 07.2013

## WEIGHT LOSS A

GO FAST AND HEAVY: THE WORKOUT THAT CHANNELS LEMMY



### THE BIG QUESTION

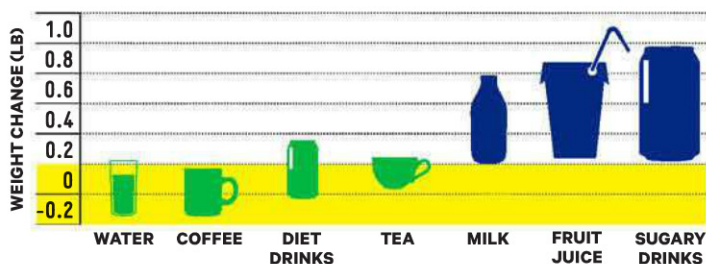
## WHAT'S THE QUICKEST WAY TO LIFT OFF FAT?

Save yourself time and feel the burn with this new hard-and-fast rule

**F**orget high-rep sessions with coloured dumbbells: brief workouts with heavy loads are best for weight loss. University of Padova researchers found a half-hour interval-style session burns 363 more calories over the next day than an hour of light pumping. Use 80-85% of your 1-rep max. Do 6 reps, rest 20sec, then do 2-3 more; rest 20sec, then squeeze out another 2-3 reps to finish that set.

### ➤ THE LIQUID DIET THAT ACTUALLY WORKS

The average guy gains 3lb every four years. Bummer. But for each cup of the below you down per day, you'll depart from the norm by the amount stated.



A full-body photograph of Novak Djokovic standing against a light grey background. He is wearing a white short-sleeved t-shirt and dark trousers. The word "AIRism" is overlaid in large blue letters across his torso, with the tagline "comfort unlimited" in smaller blue letters below it.

# AIRism

comfort unlimited

\*As of Feb.25.2013

***“AIRism keeps me dry. It’s light and I barely feel it. On the court it really shines.”***

*Novak Djokovic, the world’s No.1 ranked tennis player\**

AIRism is made from ultra-fine, highly breathable fibres which make your skin feel cool and dry. Available in a range of styles, from £9.90.

**AIRism. Revolutionary underwear from UNIQLO.**



Find out more about AIRism at [uniqlo.com](http://uniqlo.com)

LifeWear



**ADVICE  
FROM  
BEAUTIFUL  
WOMEN**

APPROACH HER,  
SHE WON'T BITE

## > PLEASURES OF THE FLESH

Become an adept ladykiller with dating wisdom from *The Walking Dead's* comely zombie slayer Lauren Cohan

### FEED HER DESIRE

"If a man doesn't cook, it's a total turn-off. Cooking shows creativity. If you're curious about recipes and mastering a skill, that's attractive. Even if you're not *actually* a good cook."

### CROSS THE LINES

"I like to meet people in coffee shops. Just come up to me and say, 'Hi, I thought you looked nice and I wanted to talk to you.' I block out lines. But if you used one to be funny, that would work."

### DO THE TALKING

"It's not what you do on a date, it's the conversation. Banter is the be-all and end-all. Go on a walk, see some art – even if it's laughable, it'll give you something to talk about."

### ACT THE GENT

"Opening the car door for me is a huge turn-on. And there's a time to split the bill, but it's not when you're courting me – you take me out, you should pay. But don't ever order for me."

### LIVE A LITTLE

"I want to be with someone healthy. It's important for a man to stay in shape, but it really shouldn't be everything you're about. Do your workout, then get on with your life."

### ASK A SEXPERT

"Read sex tips in magazines together, even if it feels ridiculous. Enjoy the silliness. Sit in bed and read some. You'll at least pick up some new tricks..."

*The Walking Dead* is on Channel 5

SAMSUNG

# Discover more of the TV you love.



The latest Samsung Smart TVs are so clever, they recommend the best shows for you to watch. Just another reason why Samsung is the TV Brand with the most awarded LED TVs. To find out more visit [samsung.com](http://samsung.com)

**SMART TV** | WITH S RECOMMENDATION

The only Smart TVs with all the catch-up services.



Internet access required. To receive recommendations, a Freeview, Freesat, Virgin Media or Sky TV input and the collection and use of personal data (viewing history) are required. Apps shown are available now or coming soon on all 2013 Samsung Smart TVs (F5300 - F8500). Apps may not operate on previous Samsung Smart TVs. Recommended minimum broadband speed for Apps shown is 2MB/s. Samsung LED TVs received more awards than any other LED TVs during 2012.

"FINALLY, A USE  
FOR THAT BLOODY  
SILVER PLATTER"

## > SERVE YOURSELF A MATCH WINNER

For these men looking to win Wimbledon, wheat is murder. Luckily, *MH* is here with a gluten-free ace



**T**his year's likely Wimbledon finalists, Novak Djokovic and Andy Murray, are two of the fittest athletes on the planet. They are also gluten-free. Yes, *they're* the ones who shop in that small-but-ever-widening section of your supermarket.

Gluten is a protein found in wheat, barley and rye, and it's estimated that as many as 50% of us have some sensitivity to it. "Even a mild intolerance can inflame

your lungs, muscle and liver, limiting fitness, strength and energy," says nutritionist Christine Bailey. Is it any coincidence that Djokovic became world #1 shortly after ditching the stuff?

With that in mind, *MH* is serving you a fitness-boosting sandwich with over 30g of protein, but zero gluten. Eat it an hour before exercise to go five sets with ease – or tuck in on the sofa while watching the first Briton in 77 years to lift the trophy.\*

### THE ALL ENGLAND CLUB SANDWICH

#### Ingredients

##### TOP LAYER

- Bacon
- Tomato
- Watercress

##### BOTTOM LAYER

- Curry powder
- Lemon juice
- Mango chutney
- Coriander
- Mayo, low-fat
- Chicken breast

##### AND, WAIT FOR IT...

- Bread, gluten-free

#### Method

**Game** While Sue Barker's prattling on, put the grill on high and cook the bacon until crisp on both sides. Lob the bread in your toaster.

**Set** Combine the curry powder, lemon juice, mango chutney, coriander, mayo and seasoning. Stir in the cooked chicken pieces.

**Match** Layer the chicken mix onto a slice of bread and top with another slice. Add the tomato, bacon and watercress, then play a final slice for the win.

#### THE BIG SERVE

Watercress has your RDA of vitamin K and a power serving of antioxidants for post-gym repair

**ADVANTAGE**  
One rasher has 3g of protein. Avoid smoked options, which may have added gluten

**DEUCE**  
Alternatively, you could use ketchup. Most are safe but check the label for wheat starch

**SLICE**  
Wholegrain-rich gluten-free bread is widely available – you'll find it in your local supermarket

**THE GRAND SLAM**  
Play it safe and buy free-range chicken for this filling. Cheap meats are often injected with gluten

### DJOKOVIC ON HIS DIET

"I feel like a different man: faster, fitter, more focused. I prefer whole foods like chicken and vegetables. Of course I miss some things. If I win a Grand Slam, I'm having pizza and a beer."

## > THE SEAT OF POWER

Target your glutes with the reverse-lunge step-up – a 2-in-1 move to make you bigger and more powerful

**W**hat are the most powerful muscles in your body? You bet your ass it's your glutes. Or at least they would be if you didn't just sit on them all day. Whether you want to be more athletic or just bigger, you need to go deep – most exercises don't allow your thighs to go

much lower than parallel to the ground, limiting muscle activation. But there is one (well, two). "This reverse-lunge step-up hybrid enables a bigger range of motion at the hip, and builds single-leg stability," says strength coach Bret Contreras, AKA "The Glute Guy". Time to get off your backside...

**THE BEST EXERCISE YOU'RE NOT DOING**

### 01 GET HIGH

Stand on a step or box about mid-shin height. This will give you that range of motion we were talking about.

### 02 STEP OFF

Hold a dumbbell in your left hand and (carefully) step back off the box with your left leg.

### 04 POWER UP

When your knee nears the ground, push through your front heel to reverse. Do 3 sets of 10. On each leg.

### > WHAT YOU STAND TO GAIN

- More range of motion = more muscle
- Improved sporting performance
- Buns of adamantium steel

### 03 GO DEEP

Sink into a lunge – without wobbling. The uneven load forces your whole body into action.



## PUMP IT UP

The latest beats at the right rhythm and intensity for rocking/working out. Because there's only so many times you want to listen to *Eye of the Tiger* on shuffle.

1	Kalopsia	Queens of the Stone Age
2	Does It	Tricky ft Francesca Belmonte
3	Man I Need	Jagwar Ma
4	Blackout	Wretch 32
5	Hangover	CSS
6	Brazil	Gold Panda
7	Lies	Deep Valley
8	Lose Yourself To Dance	Daft Punk

## DO YOU EVEN LIFT?

[Phrase, interrogative] Used to condescendingly question a person's training competence. Pre-/suffixed by bro. See also: *DYEL*.

[Noun] Internet meme, often of The Rock raising one eyebrow.

[Usage] "I just smashed 23kg on the chest-press machine" "Bro, do you even lift?"

# FREE BOOK

# WHEN YOU SPEND £25 AT MHSTORE



Shop securely at home and boost your fitness in the process. Spend £25 or more in one single transaction and receive a free Men's Health fitness manual worth £7.99, absolutely free!

**T**he all-new Men's Health online shop now has even more to offer. We've added our best-selling fitness and nutrition books to our existing range of fitness equipment, grooming

products and top brand supplements. So now you really can shop from the comfort of your own home and get everything you need. And this month we've got another great offer for you. Spend £25 at

the Men's Health Store, enter **BOOK** followed by the number of the title you would like to receive and it will automatically be added to your order free of charge. Start shopping now and get your free MH manual.

## FOUR GREAT TITLES TO CHOOSE FROM



**BOOK1 | BOOK2 | BOOK3 | BOOK4**

START SHOPPING NOW AT

**WWW.MENSHEALTHSTORE.CO.UK**

MAN OF STEEL™

2013

IN CINEMAS JUNE 14

#manofsteel

**WIN**

AMAZING TW STEEL  
& MAN OF STEEL  
PRIZES VISIT  
TWSTEELUK.COM  
FOR DETAILS



**TW STEEL®**

BIG IN OVERSIZED WATCHES

Official UK Watch Partner

[WWW.TWSTEELUK.COM](http://WWW.TWSTEELUK.COM)

LEGENDARY



SYNCHRONY

©2013 Warner Bros. Ent. Inc. All Rights Reserved. MAN OF STEEL and all related characters and elements are trademarks of and © DC Comics

WARNER BROS. PICTURES  
©2013 Warner Bros. Ent. Inc. All Rights Reserved





IS THERE  
ANYTHING IT  
CAN'T DO?

## #1 RED WINE

The latest on the elixir: it reduces your chances of noise-induced hearing loss. (Huh?) Here are some other benefits that may not have reached your ears:

### 1 GLASS A DAY

- Controls blood-sugar levels!

*Nutrition*

- Reduces bad cholesterol!

*Universidad*

*Complutense*

*de Madrid*

- Supports

*brain health!*

*Litwin-Zucker*

*Center, New York*

### 2 GLASSES

- Halves your chance of bowel cancer!

*University of*

*Leicester*

- Cuts your risk of catching a cold!

*American Journal of*

*Epidemiology*

### 3+ GLASSES

- Makes you dynamite at dinner parties!

*Anecdotal*



## THE DARK SIDE OF THE SNORES

That Vader-style breathing is the sound of your arteries being Force-choked. According to Henry Ford Hospital in Detroit, snorers are more likely to have narrowed carotid arteries, raising their risk of heart disease even higher than that of smokers or Jabba the Hutt body types. Assuming you've tried sleeping on your side and cutting back on alcohol, take the online test at [britishsnoring.co.uk](http://britishsnoring.co.uk) to use the form of treatment for you.



Acute (short-term) stress will improve your memory  
*The University of California*

NEWS FEED 07.2013

## > DODGE MAN BOOBS

D-cups where your pecs used to be? Kick the (sports) bottle to get your body back in balance

Abbreviation aside, BPA already has a bad name, linked with everything from prostate cancer to diabetes. Now it turns out the chemical – found in plastic, tins and till receipts – also causes 'moobs' by mimicking the effect of female sex hormone oestrogen. To minimise your risk of mammaries, eat fresh, not packaged, food (this reduces your BPA levels by 66%) and don't put your plastic sports bottle in the dishwasher – the high temperature leeches BPA. Even better, buy a glass one (£14.95 [camelbak.com](http://camelbak.com)). Don't ask for a receipt.

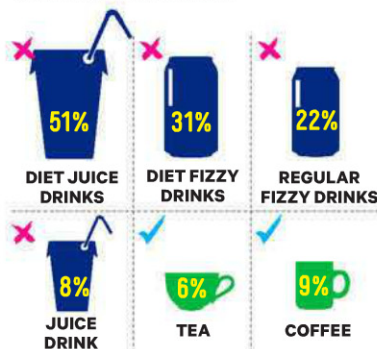


MAKE THE SWAP AND  
ORDER THE MOOBS TO GO

## DON'T BE A SAD DRINK

Soft drinks have been linked with depression. Here's what you should and shouldn't down for a pick-me-up:

FOUR GLASSES A DAY OF...



American Academy of Neurology

# 60%

THE NUMB3R

Planning to break out the barbecue this weekend? Those burgers won't be the only thing getting burnt: the average person only applies enough sunscreen to get the above amount of advertised sun protection factor. But there's no need to retreat indoors – simply apply a second coat for complete protection.

*Kinki University, Osaka*



# The new ŠKODA Octavia Estate.

Amazing. Every day.

From £16,790 OTR



## Up to 3 years free servicing and a £500 deposit contribution\* when you order with ŠKODA Finance.

When we say this is our most advanced ŠKODA, well, there is a reason. A few actually. Like Bluetooth®, Touchscreen Infotainment System, Stop/Start System and alloy wheels on all models. Still need more reasons? It also comes with options like lane assistant, traffic sign recognition and keyless entry and start system. The boot space is like no other at an impressive 1,740 litres when you fold the seats down. Oh, and let's not forget its great fuel economy and low CO<sub>2</sub> emissions from 99g/km. For more information visit your local ŠKODA retailer or [www.skoda.co.uk](http://www.skoda.co.uk)

[www.skoda.co.uk/octaviaestate](http://www.skoda.co.uk/octaviaestate)

 [facebook.com/skodaauk](https://facebook.com/skodaauk)

**6.9% APR  
representative**

Model shown varies from UK specification. \*Terms and conditions apply. 3 years or 30,000 miles (whichever comes sooner). £500 deposit contribution is available when purchased with Solutions or Hire Purchase. Available on new retail orders subject to availability before the 30th June 2013. Indemnities may be required. Subject to status. Available for over 18's. Excludes the Channel Islands. ŠKODA Finance. Freepost ŠKODA Finance. Offer may be varied or withdrawn at anytime and cannot be used in conjunction with any other offer.

Official fuel consumption in mpg (litres/100km) for the Octavia range: Urban 43.5 (6.5) to 61.4 (4.6), Extra Urban 61.4 (4.6) to 85.6 (3.3), Combined 53.3 (5.3) to 74.3 (3.8). CO<sub>2</sub> emissions for the Octavia range are 121 to 99g/km. Standard EU Test figures for comparative purposes and may not reflect real driving results.

Scan to  
find out more



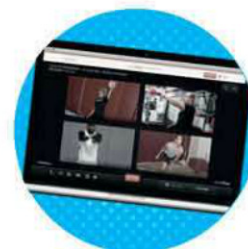


# UPGRADE YOUR INSTRUCTOR

Trade in your mediocre gym buddy for online tuition from the best PTs on the planet. Use this guide to score real-life results by going virtual

If your workout's not working out for you, a personal trainer is the next logical step. Except that a) it's expensive, and b) you're at the mercy of pot luck and geography. The upshot: you could wind up paying £30 a pop for a chump with an online diploma in bro-science. See said chump twice a week and that's more than £3,000 a year for

a glorified babysitter whose chief contribution to your target is counting reps. You can do better. The rising trend for online coaching means you can use your tablet to tap up some of the world's pre-eminent diet and fitness experts, wherever you are, and for a fraction of the offline price. Here are four of the best for every goal – and price range.



## 01 GET COVER-MODEL LEAN

**upfitness.co.uk**

*MH* go-to guy **Nick Mitchell** has cover model **Ollie Foster** in his stable of PTs. You get a bespoke programme planned down to the weight on each rep and 24/7 contact. All for a 10th of the usual price.

**The best bit** Mitchell's BioSignature Modulation service identifies your hormonal imbalances to shred stubborn body fat.

**Price** £299 initial cost, £85 per month thereafter.

**Or there's an app for that...**

Pumping Weight (£1.49) has an old-school lifting timetable.

## 02 CUT WEIGHT LIKE A FIGHTER

**precisionnutrition.com**

Another *MH* regular, **Dr John Berardi** works with UFC champ Georges St Pierre. His Lean Eating course is about education rather than spoon-feeding: every day, you get a workout and "daily habit".

**The best bit** Each week you learn about a subject, from protein synthesis to supps, to help make you self-sufficient.

**Price** £97 to register, £97 per month thereafter.

**Appy hour** Fooducate (free) scans barcodes to decrypt info.

## 03 NAIL YOUR NEXT EVENT

**thetriathloncoach.com**

Your support team includes **Jack Maitland**, who puts the Brownlee brothers through their paces, and **Simon Ward**, 220 Triathlon Coach Of The Year 2012. Your 3-4 week plan meanwhile includes strength training and 1-to-1 tuition.

**The best bit** You can book a whole day, with technique analysis and bike set-up. They'll even be at your race.

**Price** £120 initial cost, £120 per month thereafter.

**Appy shopper** Strava (free) tracks your rides and lets you compete with others.

## 04 TAKE A GYM CLASS AT HOME

**powhow.com**

Find one-on-one tuition a bit full-on? With over 3,000 live webcam lessons available 24 hours a day, **Powhow** lets you do pilates at your desk, drunken boxing or even "piloxing" (yes, that's a thing).

**The best bit** You can interact with the instructors – but sadly won't be able to check out the class gym bunnies.

**Price** From £3 per class.

**Appathetic?** Daily Burn (free) streams fitness videos to your smartphone.

## 20-SECOND MOTIVATOR

Aesthetics aside, here are four strong incentives to shed that extra padding\*



**Fight colon cancer!**  
Drop 0.5kg to lower your risk by 18%.  
*American Journal of Epidemiology*

0.5 Weight lost (kg)



**Cut blood pressure!**  
Shed 2kg and it'll fall by 3-4 points.  
*American Medical Association*

2



**Sleep for longer!**  
Sleep quality improves by 20% if you lose 7kg.  
*Johns Hopkins University*

7



**Banish back pain!**  
See an 80% reduction when you drop 9kg.  
*International Journal of Obesity*

9



## DUNK DIAL

A top-spec Android with a 13-megapixel camera that survives a quick dip – in the pool or your pint. NB That isn't your cue to Instagram underwater. *Sony Xperia Z* £529 [sony.co.uk](http://sony.co.uk)

## STREAMING MUSIC

With 4GB of storage you'll have plenty more tracks than you need for your laps. *Aquabeat 2 MP3 Player* £100 [speedo.co.uk](http://speedo.co.uk)



## WET-PACK

Tough, waterproof and on technical-sportswear trend, this doubles as a backpack and holds up to 42 litres. *Base Camp Duffel* £90 [thenorthface.com](http://thenorthface.com)



## FULLY ARMED

Improves your pulling power (stroke-wise) by forcing you to keep your elbows up, thereby displacing more water. Also, a conversation starter. *Finis Forearm Fulcrum* £16 [finisinc.com](http://finisinc.com)



## TRUNK ROCKER

More tech than Tony Stark, with carbon fibres and elastic tape for energy return. *Carbon-Pro Jammer* £200 [arenainternational.com](http://arenainternational.com)



## FISH-EYE VIEW

Curved lenses deliver 180-degree vision – so no veering into other lanes – and look like wraparound shades. *Seal 2.0 Mask* £19 [aquasphereswim.com](http://aquasphereswim.com)

>

# POOLSIDE GLAMOUR

Make a splash with too-cool-for-pool swim kit that will have you looking like Ryan Lochte. At least on the starting blocks...

## GYM-BAG HEROES



## DRAG RACER

An aquatic speed chute, this cone's resistance makes you work harder, getting you faster. *Drag+Fly* £80 [swimshop.co.uk](http://swimshop.co.uk)

## PADDLED POWER

Verruca and street-cred protection, with padding for comfort and a slip-proof outer sole. *Power Flip-Flops* £28 [havaianas-store.com](http://havaianas-store.com)



## DIVE TIME

Water-resistant to 500m, this is a Swiss diving watch you can actually take diving. *Dive Master 500 Chronograph* £850 [victorinox.com](http://victorinox.com)

WORDS: BERTAL BUDAK | PHOTOGRAPHY: SCOTT GRUMMETT  
DIGITAL IMAGERY: ANTHONY HAMMOND AT PRE MEDIA



Oris Aquis Depth Gauge  
Automatic mechanical movement  
Patented depth gauge function  
Unidirectional, revolving top ring with ceramic inlay  
Water resistant to 500 metres  
[www.oris.ch](http://www.oris.ch)



**ORIS**  
Swiss Made Watches  
Since  1904

## > NUKE YOUR CHOLESTEROL... GANGNAM STYLE

Not by doing the pony dance, but using Korea's secret weapon

**Y**ou can't stop Psy from invading your ears, but traditional Korean dish kimchi – cabbage, only tasty – reduces your total cholesterol by up to 21% after one week, according to the Food and Nutrition Department at Korea's Inje University. Not only that, but kimchi comes with a side dish of long-term health benefits too, from aiding weight loss to reducing your risk of hypertension and heart disease. That's right, it could stop you getting Kim Jong-Ill (sorry). And because it's fermented, you can mix up a job lot to last you up to a month and it won't get old – unlike a certain K-pop song. Here's how:

### KIMCHI: STATIN SUPERPOWER

#### Ingredients

- Chinese cabbage, 2 heads
- Sea salt, 300g
- Fish sauce, 1tbsp
- Spring onions, 5
- Onion, 1
- Garlic, 2 cloves
- White sugar, 2tbsp
- Ground ginger, 1tsp
- Mild chilli powder, 5tbsp

#### Method

- 01** Cut up the cabbage and rub it with salt. Place it in a sealed bag for six hours. You might want to stick on a boxset.
- 02** Press pause. Rinse the salt from the leaves, squeezing out any excess liquid.
- 03** Place the cabbage in a Tupperware container with a tight-fitting lid. Stir in the fish sauce, chopped onions, crushed garlic, sugar and ground ginger.
- 04** Sprinkle the chilli powder on top and toss until evenly coated. You could use gloves or tongs. Or you could man up.
- 05** Seal and leave in a cool, dry place for four days. Then refrigerate and eat for up to a month to increase your own shelf life.

**TOTAL COST**  
£7.93 for 20 portions (40p per portion)\*



Eating fruit and vegetables three or more times a day makes you more optimistic – specifically carotenoid-rich orange and green varieties.  
*Harvard School of Public Health*



### #2 PURPLE POTATOES

**What?** A variety of potato that's, you guessed it, purple – right to the middle. (£2.20 for 1.25kg, [sainsburys.co.uk](http://sainsburys.co.uk))

**Why?** The Princely hue signals that the spuds are extra-high in disease-fighting antioxidants, according to researchers at the University of Guelph.

**How?** Boil them, mash them and add a dash of olive oil. To liven it up, throw in some chopped chives and a handful of crumbled goat's cheese. You'll like.

# 44

THE NUMB3R

The percentage increase in your risk of early death if you average more than 160g of processed meat a day. Save your bacon for Saturday morning if you want to, er, save your bacon.

*University of Zurich*



## SESAME OIL + RICE BRAN OIL = -14 POINTS

That's the dip in your systolic blood pressure after frying with this oil combo for 60 days. Well oil be.

*American Heart Association*

### YOUR SUPPLEMENTS AREN'T COOL ENOUGH

Think you're pretty hot for popping that multivit? Think again: the humidity in your kitchen cupboards can reach 86%, causing your supps to degrade. Your bathroom is even worse. Keep fish oil in the fridge and the rest in a cool drawer.

*Purdue University, Indiana*





real watches **for** real people



**ORIS**  
Swiss Made Watches  
Since  1904



# IMPROVE YOUR ST

**New Fiesta *ST***

Official fuel consumption figures in mpg (l/100km) for the Ford Fiesta ST 1.6 EcoBoost (182PS): urban 35.8 (7.9), extra urban 58.9 (4.8), combined 47.9 (5.9).  
Official CO<sub>2</sub> emissions 138g/km. Vehicle shown is the Ford Fiesta ST2 in Molten Orange with ST Style Pack (colour and Pack available at additional cost).

# CRED.



Go Further

A full-page photograph of actor Joe Manganiello climbing a large, textured rock face. He is shirtless, showing his muscular back and arms, and is wearing dark blue shorts and blue sneakers with white soles. He is positioned diagonally across the frame, with his back to the camera as he reaches up to grip a rock overhang. The rock is a mix of brown, tan, and grey tones with various cracks and textures.

# School of rock

JOE MANGANIELLO GOES BACK TO BASICS TO LEARN THE BUILDING BLOCKS OF HARD MUSCLE.

Words: Dan Jones – Photography: Patrik Giardino

**T**hree days after working out with Joe Manganiello, it's still hard to sit up in bed without wincing. An hour after I stagger out from the West Hollywood CrossFit 'box' (that's gym to you or me) where the actor trains, his publicist calls to check I haven't been vomiting. It would be funny – only it hurts too much to laugh.

Manganiello has dedicated the past four years to a single purpose: becoming the most ripped man in Hollywood – a task he tackles with the bloody-minded dedication of a professional athlete. It began when he joined the hit HBO vampire show, *True Blood*, as an often-shirtless werewolf, and now the raw, bloody effort he's exerted have earned him a role in the film *Ten*, alongside Arnold Schwarzenegger.

Manganiello's workout will build a body combining action-hero muscle with cover-model definition. You'll perform redneck, strongman lifts along with technical Olympic weightlifting moves. It hurts, but it'll give you a torso "like a column of concrete". So if you're ready to take your physique to new heights, hang on.



USE HIS EXCLUSIVE FITNESS SECRETS FOR BULK MADE TO LAST

CERTAINLY NOT YOUR  
AVERAGE JOE

## WATCH YOUR OVERHEADS

When *MH* trained with Manganiello he was throwing around an awful lot of barbell snatches and overhead squats. They're not just heavy but technically hard too, demanding constant focus. "Nothing forces you to concentrate like the thought of that big weight above your head," he says. "If you're off by even half an inch, it's getting dropped." But the risk brings rewards. "Since doing Olympic lifts, my core strength has gone up exponentially," he says. "If you're doing an overhead squat or a snatch, your entire torso – your whole core, all the way down – has to be like a rock. Your whole body is involved in keeping the weight above your head." It's a full-body workout worth the danger.



ALTITUDE TRAINING,  
MANGANIELLO-STYLE



## 2 ALWAYS GO FOR ANNUAL RETURNS

We all know we should 'change up' our workouts from time to time. But switching from flat bench to dumbbell press every six weeks is pointless tinkering. Rather than tweaking your workouts to death, Manganiello updates his entire philosophy every year to make sure he never plateaus. "My first season on *True Blood* was about cutting down my mass – getting more ripped," he says. "Then it was more about levelling out the physical symmetry. When making the film with Schwarzenegger, I went through a powerlifting phase – I put on 9kg, so my bodyweight was up to 113kg. Now, I want to be a great athlete. It's about becoming stronger, fitter and faster." Athleticism begets definition, so train for function first.

# 3

## TRAIN HARDER, TRAIN YOUNGER

There's more to looking good than buying a skinnier cut of jeans. "I'm not 18 anymore," says Manganiello. "But you won't hear me saying that, because me at 36 would *destroy* me as a teenager. In my mid-thirties I'm making bigger gains than I've ever made in my life." The mindset is simple: work hard, beat time. "My trainer, Ron Mathews, is in his mid-forties and last year he was playing semi-professional [American] football," says Manganiello. "He's a beast! And he looks like he's in his twenties. For me that's the fountain of youth." Drink it in.

**"I went through a powerlifting phase, but now I want to be a great athlete – stronger, fitter and faster"**

THE ONLY THING LIABLE TO  
FALL IS YOUR BODY FAT

HEWN-FROM-STONE ABS  
ARE JUST NINE MOVES AWAY

## AND, IF IN DOUBT, ASK ARNOLD

"Arnold was a hero to me. He's the reason why every guy of our generation started going to the gym. To film with him for four months was awesome. And he still trains every morning." More importantly, Arnold has a tip for adding instant arm-size in photos. "We had a photoshoot for the movie poster," says Manganiello. "I was wearing sleeveless top, crossing my arms and flexing. Arnold came in and said, 'I see you're flexing your biceps. Don't do that. Keep it loose and [with crossed arms] put the other hand back to push [the muscle forward] – you'll get an extra three inches.'"



TURN OVER  
TO GET ROCK  
HARD MUSCLE



**SMINT.®** small but powerful



# A. SUPERSET

Adding a jump to each tyre flip turns this classic strength move into an extreme fat-burning challenge. Move straight into mountain climbers. Do 3 rounds of this superset with no rest

## COVER MODEL WORKOUT

CUT OUT AND KEEP



# Our hardest workout ever

ADD BULK, DESTROY FAT, GET A SIX-PACK, ALL IN ONE HELLISH SESSION. NAUSEA IS TO BE EXPECTED. SEE YOU ON THE OTHER SIDE (HOPEFULLY)



## TYRE FLIP WITH JUMP THROUGH

Perform 10 reps as fast as possible

Time to burn some rubber. With a large tyre on the ground, squat and get your hands securely underneath it (A). Now, with your back straight, take a deep breath and power it up – first with your legs, driving through your heels, then taking over with your arms to flip it over 180 degrees (B).

Without pausing, jump with both feet together into the centre of the tyre (C), then bound straight out the other side. Turn around and reverse (D).

Do 10 flip-and-jumps then step back into a clear space and hit the deck to go straight into the next exercise.

If your gym doesn't have a tyre, replicate the move with a heavy punch bag, or do deadlifts with squat jumps.

## MOUNTAIN CLIMBER

10 each leg in a quick, steady rhythm

Get into the press-up position, hands slightly wider than shoulder-width (A). Shoot your left leg up to touch your left elbow (B), then immediately repeat on the right. Alternate left and right as fast as possible to 'climb'. Do 10 reps on each side to burn hundreds of kcals. Take a break while you get a barbell ready for the next two moves. And breathe. A lot.





# **REVEAL YOURSELF**



## **NEW CITROËN DS3 CABRIO** ESCAPE THE ORDINARY

Citroën DS3 is now convertible. The perfect fusion of iconic style and technological innovation. With a roof that retracts at up to 70mph, 3D LED rear light clusters and five adult seats, enlightenment can be yours all too easily.

For more information please visit [www.citroen.co.uk](http://www.citroen.co.uk) or call us free on 0800 023 4000.

CRÉATIVE TECHNOLOGIE



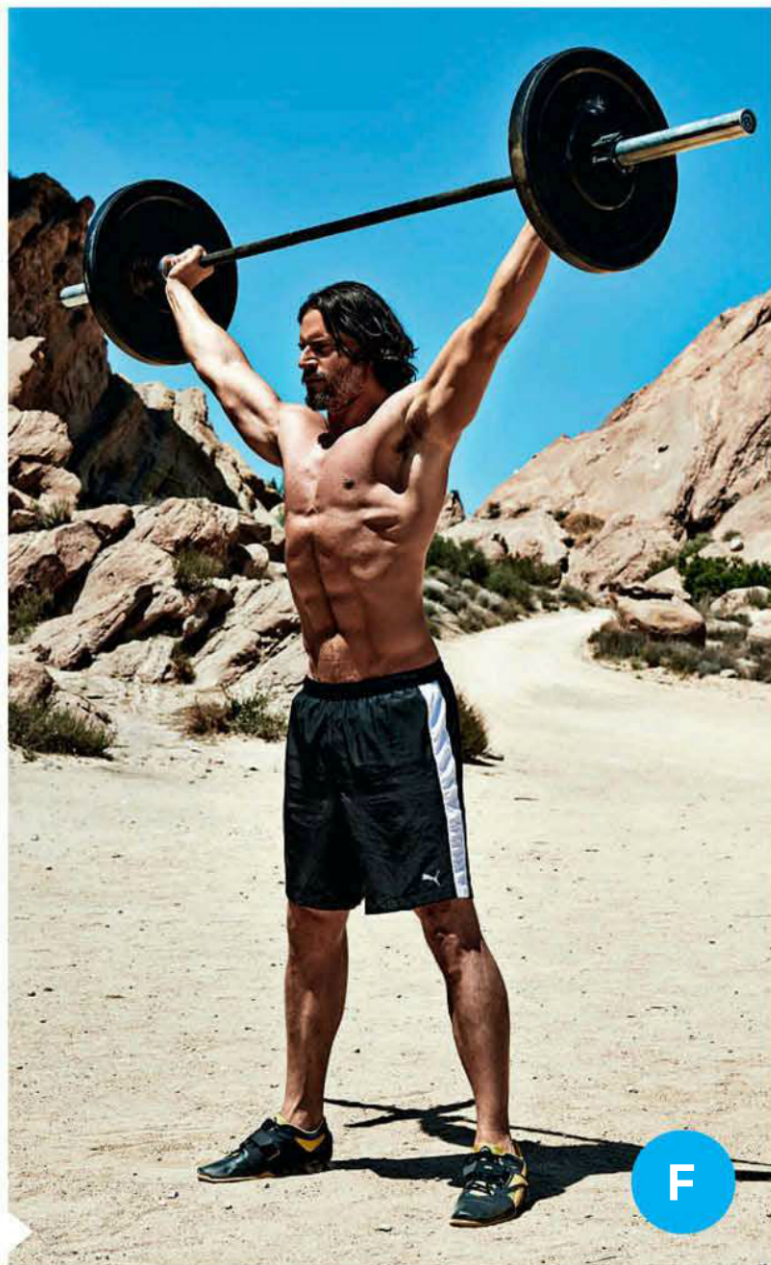
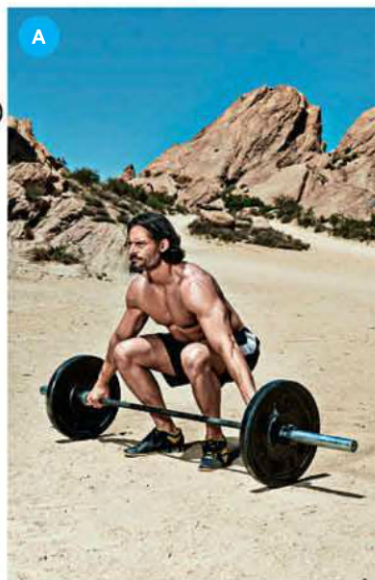
Official Government Fuel Consumption Figures (litres per 100km/mpg) and CO<sub>2</sub> Emissions (g/km). Highest: DS3 Cabrio THP 155 6-speed manual: Urban 8.0/35.3, Extra Urban 4.8/58.9, Combined 5.9/47.9, 137 CO<sub>2</sub>. Lowest: DS3 Cabrio VTi 82 manual: Urban 5.8/48.7, Extra Urban 4.3/65.7, Combined 4.9/57.6, 112 CO<sub>2</sub>.

# B. SUPERSET

## COVER MODEL WORKOUT

Now you've warmed up, it's time to go Olympic. For strength and size perform 5 supersets with 1min rest between each, upping the weight each time. Start light to nail the technique

CUT OUT AND KEEP



### POWER SNATCH

**Do 5 explosive reps with good form**

Squat and grab that barbell with a wide grip (A). We recommend taping your thumbs if you don't want to rip them to pieces. Keep your back straight and core tight. Now forcefully pull back and up with the bar (B) so it travels straight up toward your jaw (C). And try not to chin yourself.

At the top of the movement, drop your elbows underneath the bar, dipping your hips and knees to 'swing' underneath (D); catching it above your head with your arms fully locked (E). Stand up straight to complete the snatch (F). Then drop the barbell to the floor and repeat.

Perform 5 reps in total, but on the fifth rep hold the barbell up there. There's no let up – you're moving straight into some serious squatting work.



### OVERHEAD SQUAT

**5 reps in total. Slow down, fast up**

Keep your shoulders squeezed back, so your arms are straight and strong, to keep the barbell above your head (A). Push your hips back and lower yourself until your thighs are roughly parallel with the floor (B).

Drive back up (C) and repeat. Keep your arms completely out and your abs tensed to stop any wobbling and/or dropping a massive clanger (the bar). Complete 5 reps, rest then go back to the snatch. Hang onto the barbell; you're not done with it yet.

Combining a row with a punch-press hits your back, arms and chest for serious power gains. Then you'll move straight into some ab work. Do 4 rounds of this superset with no rest



## LANDMINE ROW TO PRESS

10 fast reps each side

Wedge a barbell firmly into a corner, adding weight to the end nearest you. Bend at the knees and hips, and hold it at the far end in your right hand (A).

Extend your legs and pull it up toward your chest (B). From here, transfer the bar to your left hand to push it up and out, as if throwing a punch (C). Do 10, repeat on the other side, then go straight over to a flat bench.

## BENCH LEG RAISE

15 reps at as slow a pace as you can

Lie on a flat bench, holding it with both hands just behind your ears. Stick your legs out straight so that they're hanging off the end and your glutes are just on the edge of bench (A). Brace yourself.

Using your core, lift your legs up until vertical (B). Slowly lower back to the start to fire your lower abs. Do 15, then return to the landmine row. And yes, your abs should be hurting this much.



RANGE ROVER EVOQUE

## APPLY MUD GENEROUSLY

With Terrain Response® and Adaptive Dynamics, the Range Rover Evoque has Land Rover at its heart.



ABOVE AND BEYOND



Official Fuel Consumption Figures for the Range Rover Evoque in mpg (l/100km): Urban 23.7 (11.9) – 47.9 (5.9) Extra Urban 40.9 (6.9) – 62.8 (4.5) Combined 32.5 (8.7) – 57.6 (4.9) CO<sub>2</sub> Emissions 199 – 129 g/km.

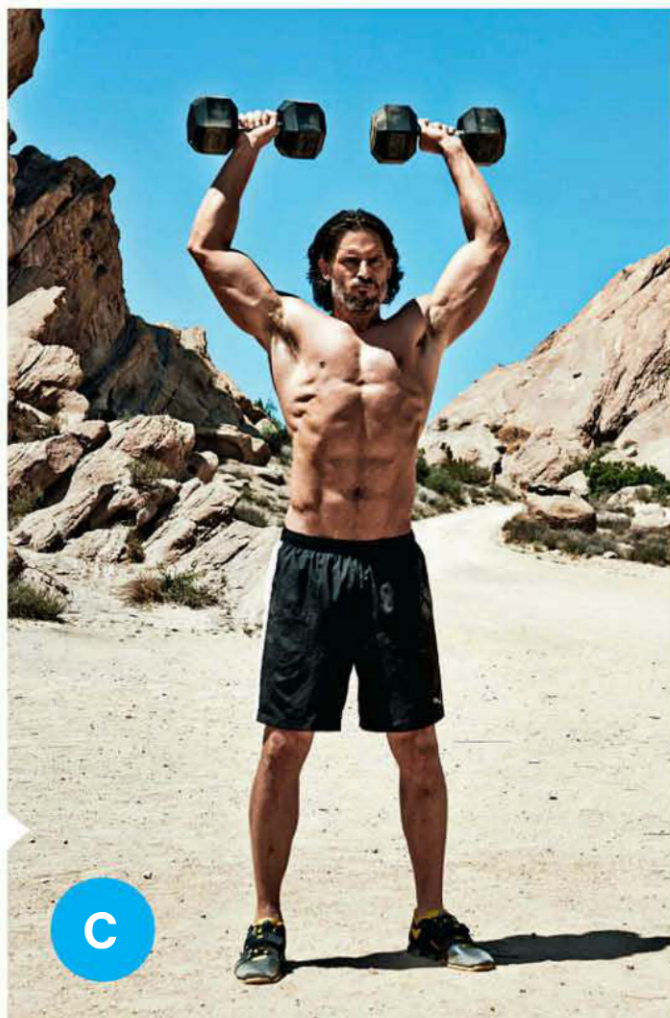
To finish, perform 3 rounds of this circuit as quickly as possible and aim to beat your time with the next session. Do your best not to vomit and let us know how you get on @MensHealthUK

## KETTLEBELL OVERHEAD SWING

10 reps, as fast as you can

Hold the kettlebell between your legs, arms straight (A). Push your hips back (B), keeping your chest up, and thrust your hips forward to propel the bell (C).

Allow the weight to travel higher than a normal swing, above your head (D). Let the momentum carry it back down, straight into the next swing. Do 10 reps. Then grab some dumbbells.



## DUMBBELL OVERHEAD PRESS

10 reps again, as quick as possible

This move tops off your V-shape.

Grab a pair of 15-20kg dumbbells (A) and stand with them held just above shoulder-height, palms forward (B).

Dip slightly at the knees then power up, straightening your legs (C) and pushing the dumbbells over your head (D). Then return to the second position and go again. Aim to drive the weights up explosively and lower with control. If you feel your stomach turning, you're doing it right.

## JUMP INTO TYRE

10 reps. Just get them done

This finisher is where fat is lost for good. Stand in front of the tyre (or box), dip (A) and jump into it with both feet together (B). Jump straight out and repeat. To bring your time down, sink straight into the next jump on landing. We're sure you were finding it all too easy anyway, so do the lot another two times. Then sit down. For a long time. **NO**



# RANGE ROVER EVOQUE AND RINSE WELL

To find out more, search Range Rover Evoque.



ABOVE AND BEYOND



Official Fuel Consumption Figures for the Range Rover Evoque in mpg (l/100km): Urban 23.7 (11.9) – 47.9 (5.9)  
Extra Urban 40.9 (6.9) – 62.8 (4.5) Combined 32.5 (8.7) – 57.6 (4.9) CO<sub>2</sub> Emissions 199 – 129 g/km.

# GTi IS BACK



PEUGEOT RECOMMENDED TOTAL Official Fuel Consumption in mpg (l/100km) and CO<sub>2</sub> emissions (g/km) for the 208 GTi are: Urban 34.4 (8.2), Extra Urban 60.1 (4.7), Combined 47.9 (5.9) and CO<sub>2</sub> 139 (g/km).

## NEW PEUGEOT 208 GTi

MOTION & EMOTION



PEUGEOT

## NOTES & QUERIES

- 62 **HAS CANNABIS BLUNTED YOUR BRAINPOWER?**  
MH puts dope under the scope
- 65 **IS THERE A WAY TO BOUNCE BACK FROM DEFEAT?**  
How to rise from The Ashes
- 68 **CAN YOU OUTRUN YOUR JUNK-FOOD CRAVINGS?**  
The willpower training plan
- 71 **CAN YOU MAKE CASH AS A PART-TIME PAPARAZZO?**  
Turn photos into bank notes

# CORE

VITAL ANSWERS TO LIFE'S BIG QUESTIONS

Men'sHealth

EDITED BY IAN TAYLOR

THE SEXUAL ADVENTURER

## DOES YOUR SEX LIFE NEED TOYS?

OUR SEX COLUMNIST NICHIE HODGSON REVEALS THE GADGETS THAT MAKE THE EARTH MOVE FOR HER →

MODELS: SIMONA AT ZONE, HOLLIE S AT IMM | STYLIST: OZZY SHAH | HAIR AND MAKE-UP ARTIST: HILA KARMAKAR USING LANCÔME MAKE-UP AND SHU UEMURA ART OF HAIR | NAIL TECHNICIAN: ZAIDA IBRAHIM GANI USING DIORUK | DIGITAL IMAGING: PETER SMITH AT PRE MEDIA



# CRAFTED TO REFRESH

In the heat of 1888, Australians desperately needed something other than warm ale to wet their parched throats. Crafted to refresh, William and Ralph Foster's amber nectar was their first taste of true refreshment.



Good Call since 1888

Brewed In the UK  
Over 18s only  
[drinkaware.co.uk](http://drinkaware.co.uk)  
for the facts about alcohol

**A** lecherous man I used to work with once asked me if I could help him sort out his perfunctory sex life. "My wife never wants to do it any more," he complained. "A friend told me she needed sex toys, but when

I suggested this she burst into tears!" In her case, I suspect it wasn't the thought of him brandishing a 10-inch dildo that was unappealing, but the thought of him at all. Make no mistake: sex toys cannot compensate for lacklustre skills or poor communication. But they are weapons with which to *enhance* your sexual prowess and pleasure your partner into delirium.

Sex toys no longer look like Christmas-cracker novelties: they're slick, sophisticated, sexual game-changers. Some mimic human acts; some are meant to transform them into something new entirely. The really good toys – the ones that will give

her orgasm after orgasm – do both, and it's those that I'll guide you to here.

## WHAT'S THE FIRST SEX TOY YOU SHOULD BUY?

You need a dildo with a difference. Try award-winning brand Lelo: its Isla vibrator (£99 lelo.com) has six intensity settings to tease her with. Or for something with more power, the stainless-steel dildos produced by Njoy (£95 njoytoys.com) have bumps and grooves in all the right places for lady loving, designed to accommodate the contours of her body. Always pick models that have an anti-microbial silicon coating: these feel natural and give the best stimulation. For lube (and you will need it) Coco de Mer sells a head-spinning strawberry-pomegranate flavour (£12 coco-de-mer.com).

## WHAT WILL GIVE HER THE MOST INTENSE ORGASM?

G-spot stimulators such as the Je Joue G-Ki will tease your partner to the point of squirt. These curve in a way you'd never want your cock to and can be adjusted to the perfect angle for reaching her G-spot. Get her to sit up, leaning on her forearms or propped up on a couple of pillows, while you

go to work. As she's about to climax, finish up with your fingers or with her sitting on your face. Alternatively, tie her up and use the We-Vibe 3, a remote-controlled vibrator that gives you an extra degree of power. Either way, you'll be glad you discovered these joy-buzzers.

## WHAT WILL GIVE ME THE MOST INTENSE ORGASM?

The taboo around men's toys is waning. Otherwise there would be no market for the (rather tacky) Fleshlight Girls range, which consists of the moulded orifices of porn stars such as Teagan Presley. Here, it's what's on the inside that counts, and to that end (or your end) I'd recommend the Tenga Flip Hole Masturbator. This silicon moulded sleeve applies pressure to your cock and, once laced with lube, it's hard to tear yourself away from its silky labyrinth. It doesn't have to be a solo trip, either. Get your partner to hold it while you thrust – she'll have access to the pressure buttons, controlling your pleasure.

## WHAT'S THE MOST ADVANCED SEX TOY ON THE MARKET?

There's a new trend called 'teledildonics' (worth 16 Scrabble points, don't you know), which is a bit like Skype with added touching. Check out RealTouch, (£130 realtouch.com) a sleeve that lies in your lap and is linked to a dildo in the hands, mouth and other orifices of a model you pre-select for an online video 'date'. When she touches the dildo, you feel the sensations in the sleeve. But I'd advise caution: teledildonics is very much in the early stages of refinement and some users complain about a lack of sensitivity, and the fact that it isn't enough like the real thing. Still, better than sitting on your hand for 10 minutes on a lonely night, perhaps.

## WHAT GIVES THE BEST BANG FOR YOUR BUCK?

Believe it or not, the best all-rounder is a cock ring called the Bionic Bullet – a product that lives up to its heroic name. It has two rings: one slips around your penis, the other around your testicles. The pulsing sensation not only feels amazing but also prolongs erections and delays ejaculation. And the 'bullet', which sits across the top of your penis during sex, is perfectly positioned to massage her clitoris, making it more likely that she'll orgasm during penetrative sex. That's a three-in-one benefit you can both enjoy. 🍆



SEX LIFE GONE STALE? TIME TO DIG A LITTLE DEEPER...



...THEN FEED HER DESIRE TO LEAVE HER HUNGRY FOR MORE



### NICHI HODGSON

A dominatrix turned sex author, what Hodgson doesn't know about getting a woman off simply isn't worth bringing into your bedroom

### YOUR NEW TOY BOX

#### 01

LOVEHONEY BIONIC BULLET VIBRATING COCK RING  
PRICE £15 (lovehoney.co.uk)

**BEST FOR** Sex-toy cynics, delivering better clitoral stimulation during sex

#### 02

WE-VIBE 3 REMOTE CONTROL COUPLES VIBRATOR  
PRICE £95 (simplypleasure.com)

**BEST FOR** Power play; controlling her pleasure

#### 03

TENGA FLIP HOLE MALE MASTURBATOR  
PRICE £60 (tenga.co.uk)  
**BEST FOR** A sensation similar to penetrative sex

#### 04

JE JOUE G-KI G-SPOT VIBRATOR  
PRICE £80 (simplypleasure.com)  
**BEST FOR** Giving her the bespoke G-spot orgasm of her dreams

# IS WEED BLUNTING YOUR BRAIN?

THINK THE GRASS IS CLEANER? THAT MIGHT BE THE SCHIZOPHRENIA TALKING

→ **M**ost men, in the right company, will admit to a potted history. Truth is, the odd toke won't cause long-term problems, but when hash becomes a habit it affects far more than your Hobnob intake. Raging paranoia, higher risk of respiratory and cardiovascular problems plus frazzled brain chemistry make cannabis a gateway drug that will slam the door on your health faster than you can say, "Dude, it's only a spliff."

## THE SYMPTOMS

- Bad news and bad moods send you running to your bong
- You still own a bong
- Friends think you're always hungover due to your bloodshot eyes and dry mouth
- You still believe *Ren & Stimpy* was comedic perfection
- You spend more than £10 a week on 'munch' from the newsagent
- You set deadlines for cutting down or quitting, then postpone them as they approach
- You're often paranoid or excessively anxious
- You cancel appointments, work or sport to spend more time getting high
- You can't remember the symptom you just read

## THE DIAGNOSIS

THIS SHIT AIN'T COOL

■ First of all, let's deal with those 'soft drug' arguments. Marijuana's medicinal uses are well documented. And in the US, both Washington and Colorado prescribe it.

But before you decamp to the Rockies for a life of weed-wreathed bliss, take note: the majority of research into marijuana's health effects is a downer. "Even moderate use can have major physical and psychological consequences," says Dr William Shanahan, medical director at London's Catio Nightingale Mental Health Hospital. A 2012 study in the journal *Cancer* was the third to link cannabis with testicular cancer, while Professor Craig Jackson of Birmingham City University says dope smoking causes "a significant drop in your IQ and cognitive abilities".

One of the most dangerous consequences is the potential damage to your mental health. Thanks to hallucinogenic THC, cannabis strains such as 'skunk' can make you seven times more likely to develop a psychotic illness, such as schizophrenia. Regular users can also expect "erratic mood swings, anxiety, panic attacks, paranoia and incapacitating depression," says Shanahan. Time to weed it out.

# WHAT THE HELL HAVE I DONE?

# CORE



**50-70%**

The amount of cancer-causing hydrocarbons marijuana has over tobacco smoke

*American Lung Association*



**28 DAYS**

The length of time cannabis can affect your attention and reaction time

*The Lancet*



**70%**

The extent to which marijuana impairs memory in recall tests

*Neurology*

## THE PRESCRIPTION

### KEEP OFF THE GRASS, MAN

■ To paraphrase Snoop, you can drop it like it's hot. Weed is the least addictive of the most popular drugs, caffeine and alcohol included: 91% of users won't get hooked.

That said, cold turkey can be tough. If the last day you didn't get stoned is a hazy memory, start slow. "Switch to a less potent weed, leave it until later in the day to smoke and reduce the amount of cannabis you put in your mix," says Chris Simonite, a drug counsellor at The Clifton Clinic.

Cannabis withdrawal lasts up to a week. Lower your caffeine intake to combat sleeplessness during that time and line up a friend you can call if you feel close to relapse. NB not your dealer.

Personal trainer Daniel Kingham, a former heavy cannabis user, says, "Throw yourself into your training and the habit will have to give," and ensure you're hanging out with active friends. The endorphin rush from a game of five-a-side football, say, will clear your pot-fug apathy. Snack on oranges at half time: citrus fruits contain limonin which protects against cancer, while their high vitamin C content bolsters your weed-depleted immune system. Far more nutritious than that fourth bag of Wotsits.

If you're struggling to quit, psychiatrists can assist. Find a course or therapist at [babcp.com](http://babcp.com). The grass is greener on the other side.

## THE BENEFITS

### THE DOPE ON WHAT YOU GAIN BY QUITTING

#### ■ A HEALTHIER HEART

**You have a lower risk of respiratory symptoms and chronic obstructive pulmonary disease once the pot is planted.**

*Canadian Medical Association Journal*

#### ■ HAPPIER CELLS

**Your cells and DNA are safer – marijuana smoke causes significantly damage to them. Upshot: reduced cancer risk.**

*American Chemical Society*

#### ■ IMPROVED SEX LIFE

**Erections are much easier to achieve without the deadening effect of cannabis on receptors in your penis.**

*Journal of Sexual Medicine*

NO MATTER HOW CHRONIC  
THE HABIT, THE SYMPTOMS  
ARE REVERSIBLE



# **essentials**

## HAIRDRESSING

USING LABEL.M PROFESSIONAL HAIRCARE

FOR YOUR NEAREST ESSENTIALS SALON VISIT [WWW.ESENTUALS.COM](http://WWW.ESENTUALS.COM)

I DROPPED THE BALL  
IN THAT MEETING...

I'M STUMPED  
FOR IDEAS...

IT FEELS LIKE  
CAREER YIPS...

I FEEL BOWLED OVER  
BY SELF DOUBT...



DON'T LET YOUR ASHES BE  
HANDED TO YOU AT WORK

# HOW DO YOU BOUNCE BACK FROM DEFEAT?

**BUILD RESILIENCE  
AND RECAPTURE  
YOUR CAREER, JUST  
AS THE ENGLAND  
CRICKET TEAM DID,  
WITH THESE TIPS**

Once the most popular joke in the southern hemisphere, English cricket is now in rude health.

This year's Ashes against rivals Australia give England the chance to win a fourth series in a row – a feat never achieved in 120 years of Ashes history.

But they haven't always had it this good. In the 15 years up to 2005, they hadn't won a single series against the Australians and were hammered by the other big nations in the process. Their transformation is one every salaryman can learn from: the England and Wales Cricket Board turned things around not by investing in coaches, equipment and youth-development schemes. Instead, they repaired the players' confidence and built an invincible mindset. As can you.

# CORE RISE FROM THE ASHES

HOWZAAAT?!

USE THESE TRICKS  
TO GIVE YOUR OWN  
GAME A MAKEOVER

## REBUILD YOUR CONFIDENCE

### HIT SELF-DOUBT FOR SIX

England's turn-around began in 1997 during a run of eight defeats by Australia. Their new head coach David Lloyd brought in psychologist Dr Steve Bull. "The first thing we did was build mental strength, making them forget about what had gone before and setting targets," Bull says.

#### RANK YOUR GOALS

List two main targets and four smaller ones, rating each for importance. You may not have an Aussie scalp on your line-up... unless your manager is a backpacker in a tie.

#### BE PRECISE

Include dates, times and figures so you can measure your achievements.

#### TARGET POSITIVES

Make sure your goal is upbeat: "Execute this technique well," not, "Don't make this error again."

#### MAKE IT ACHIEVABLE

If you can't directly affect the variables or have no real control, it's not your goal.

## GET YOUR PRIORITIES IN THE RIGHT ORDER

### KEEP PRODUCTIVITY UP

England began to look like world-beaters in 2003. The team split everything into small sections to increase efficiency and, therefore, work-life balance.

That ability to segment is as important in the office as it is in the dressing room at Lord's. Use England's Aim-Plan-Review-Do process in every planning session.

#### AIM

State your priority at the start.

#### PLAN

Lay down the strategy you're going to use to fix the problem. Then get to it.

#### REVIEW

At the end of your meeting or sales quarter, sit down and assess whether the plan worked.

#### DO

The next time you face a similar problem, pull out your action points from the last time.

## TREAT A WIN MUCH LIKE A LOSS

### MAINTAIN MOMENTUM

"Previously, a victory would be greeted with beers and hangovers, and a loss would be met with a Monday morning debrief," says Bull. "We started implementing the same review for victory and defeat." It's the same in business: winning streaks come when you analyse each and every triumph.

#### WHAT CAN YOU LEARN?

List three factors that fed your success and build each one into your routine.

#### HOW CAN YOU AVOID STALLING?

Produce three strategies that will prevent complacency.

#### WHAT WENT BADLY?

Pick out two things that were unsuccessful and two ways to improve each one.

#### WHICH AREAS WERE PARTICULARLY STRONG?

Finish off by listing as many positive points as you are able to in 15 minutes.

## PREPARE FOR, AND LEARN FROM, FAILURE

### INCREASE YOUR RESILIENCE

Even when you're on form, you can give away easy wickets. "The skill is in not doubting your ability when things go badly," says Dr Mark Bawden, the team's current head psychologist. Rather than making changes on snap judgement, be ready for setbacks. From U17 level up, teams are taught centred breathing to help them keep cool under pressure. Apply the techniques below whenever you need serious focus. It does the same trick before you head into a high-level meeting as it does for a batsman confidently heading out to the crease.

#### PREP

Stand straight with your weight evenly distributed on both feet and imagine a catastrophe at work and how you'd deal with it.

#### INHALE

Take a deep breath from your abdomen and feel your neck and shoulders relax.

#### EXHALE

Let the breath slowly escape your body for five seconds and, as you do, fully focus on your centre of gravity.

#### REPEAT

As you finish your breath, focus again on your solution (or avoidance strategy) and what you have to do next. Repeat five times and bank the resolve you'll need to win your office Ashes. 🏏

## GET SELF BELIEF RIGHT OFF THE BAT

When your self esteem drops, picture past achievements as hits on a cricket bat. List four, spanning your whole career

1) WHY DID YOUR CV STAND OUT?

2) WHAT DID YOUR BOSS SAY ON THE DAY HE HIRED YOU?

3) WHY DID YOU GET YOUR LAST PROMOTION?

4) HOW DID YOU HIT YOUR LAST TARGET?

# EGO

THE DECIDING FACTOR IN  
YOUR CHANCE OF SCORING  
A PROMOTION AT WORK  
UNIVERSITY OF CALIFORNIA

# YOUR PERSONAL TRAINER ON THE MOVE

Subscribe to the digital edition of *Men's Health* and **SAVE UP TO 20%** on the cover price. Packed with expert advice on improving every area of your life, from health & fitness to grooming, style and sex & relationships.



Available on the  
**App Store**

**SUBSCRIBE NOW ON THE APPLE NEWSSTAND**

TORCH YOUR  
McBELLY WITH  
PERFECT TIMING



# CAN YOU OUTRUN JUNK FOOD?

**TRAINING TO SMASH  
YOUR FASTEST-EVER  
HALF-MARATHON  
CAN ALSO MAKE YOU  
IMMUNE TO ANY  
BIG MAC CRAVINGS**

**E**xercise is a cruel mistress. She burns calories with one hand, but tickles your appetite so you gorge on more with the other. Running is different. University of Wyoming researchers found you consume hundreds fewer calories after a run than you burn. So this half-marathon plan from Team GB 10,000m runner Chris Thompson will not only get you over the line in under two hours but will make weight loss a piece of easily declined cake.

## YOUR SUB-TWO HOUR HALF-MARATHON PLAN

WARM UP FOR 10MIN BEFORE EVERY RUN AND COOL DOWN FOR 5MIN AFTERWARDS

WEEK	TUESDAY	THURSDAY	SATURDAY	
<b>01</b>	RUN 5K AT 55-65% EFFORT	LIGHT GYM SESSION: DOUBLE-LEG AND CORE EXERCISES	RUN 8K AT 55-75% EFFORT	<b>07</b> WEEKS TO GO
<b>02</b>	RUN 3 X 10MIN INTERVALS AT 80-90% EFFORT	RUN 5K AT 55-65% EFFORT	RUN 8K AT 55-75% EFFORT	<b>A LIGHTER LOAD</b> You may not notice it yet but the calories you eat post-shower have already fallen by up to 200
<b>03</b>	RUN 8 X 3MIN INTERVALS AT 90-100% EFFORT	MODERATE GYM SESSION: SINGLE-LEG EXERCISES	RUN 10K AT 55-75% EFFORT	<b>05</b> WEEKS TO GO
<b>04</b>	RUN 6 X 5MIN INTERVALS AT 80-90% EFFORT	RUN 5K AT 55-65% EFFORT	RUN 10K AT 55-75% EFFORT	<b>WILLPOWER-UP</b> Halfway through and you find mid-week pints and barrel-sized pasta cravings are easier to avoid
<b>05</b>	RUN 8 X 2MIN INTERVALS AT 90-100% EFFORT	HEAVY GYM SESSION: DOUBLE-LEG EXERCISES	RUN 12K AT 55-75% EFFORT	<b>03</b> WEEKS TO GO
<b>06</b>	RUN 3 X 10MIN INTERVALS AT 80-90% EFFORT	RUN 5K AT 55-75% EFFORT	RUN 12K AT 65-75% EFFORT	<b>THE BRAIN SWITCH</b> Your training has improved your body's ability to judge calories, making you less likely to overeat
<b>07</b>	RUN 10 X 1MIN INTERVALS AT 90-100% EFFORT	LIGHT GYM SESSION: PLYOMETRICS AND CORE	RUN 8K AT 65-75% EFFORT	<b>START</b>
<b>08</b>	RUN 5K AT 55-65% EFFORT	REST FOR THE RACE	<b>HALF-MARATHON RACE DAY</b>	<b>THE RESULT</b> You're all set for a sub-two hour half-marathon and ready to turn down pizza at the finish line

### SPEECH TRAINER

Learn about speed with our conversational guide to setting your pace

**55-65% EFFORT**  
**Steady state**  
At this manageable pace, you can speak freely. Just don't mention The Wall

**65-80% EFFORT**  
**Race pace**  
Sustained talking is harder so save that debate on EU membership for later

**80-90% EFFORT**  
**Lactate threshold**  
As you speed up, conversation will be reduced to spluttered words

**90-100% EFFORT**  
**VO<sub>2</sub> max**  
You might just be able to gasp out, "What. Are. All. Those. Red. Spots?"

CUT OUT AND KEEP



# Some days, it's all uphill.



In your heart, you're still 18. But your body knows the truth. Aches come quicker. Recovery, slower. Time for Voltarol. Unlike products that just heat or cool the skin,\* Voltarol Emulgel has an anti-inflammatory that goes deeper: delivering three times more effective pain relief for sore muscles and aching joints.\*\*

Use it for pain, after exercise; so you can be ready for the next time.



\*Compared with heat patches and cooling gels. \*\*Versus non-medicated gels.  
Voltarol® Pain-eze Emulgel® contains diclofenac diethylammonium. Always read the label.

**Voltarol**   
THE JOY OF MOVEMENT™

THE MONEY SHOT!  
IT'S NOT WHAT  
YOU THINK

# CAN YOU BE A PART-TIME PAPARAZZO?

TAKE A SHOT AT SELLING  
YOUR PHOTOS AND DEVELOP  
A PROFITABLE PORTFOLIO

It's never been easier to make a quick buck from a quick snap. There are a growing number of websites that will upload your photos and sell them on your behalf. And, you don't need your own studio – whether you're David Bailey or Dave-with-an-iPhone – all photographers can sell their shots somewhere. Even your latest 'arty' Instagram pics can make you some cash. Over the page, we reveal the websites that help you make every picture pay out.

## FLASH OF THE TITANS

TOP KIT SELECTED

BY PHOTOPRENEUR

EDITOR JOHN WOODY



01

**PANASONIC LX7**

Pocket-friendly, so you can capture many a profitable shot at a moment's notice.

£280 [panasonic.co.uk](http://panasonic.co.uk)



02

**CANON 5D MARK III**

If you really want to set up pro-grade shots, this is the choice of professionals.

£2,000 [canon.co.uk](http://canon.co.uk)



03

**KLYP**

The first iPhone cover that will let you attach a light and a tripod to your iPhone.

£70 [manfrotto.co.uk](http://manfrotto.co.uk)

## THE PICS THAT KEEP ON PAYING

Microstock agencies operate like eBay for amateur photographers. Upload your shots and anyone making print or online media is a potential customer.

### ■ WHERE TO SELL

Shutterstock.com is the most lucrative marketplace: you'll earn around £1.85 per download. The site's more successful amateurs earn up to £900 per month. The trick is to offer something unique and not generic. "A nurse giving an injection in a ward is better than a nurse smiling at camera," says *Photopreneur* editor John Woody. The library stocks photos of almost anything, but business, office scenes and computers are among the most searched for on the site. Always crop your images so they stand out as thumbnails. Also, leave 'blank' space: this leaves publishers space to put in text, making the shot more valuable.

■ **SHOOTS WHO?** Eager amateurs

■ **MONEY SHOT** Up to £900 per month

## MAKE AN INSTA-PROFIT

A new market has kicked off recently where buyers can purchase prints of other people's Instagram photos.

### ■ WHERE TO SELL

Instacanvas gives you 20% every time your shots are sold and they handle

printing and shipping. A 20x20in canvas nets you £10, while a pack of 10 cards makes £4. Cityscapes and sport do well, as do flowers, pebbles or anything else you can picture on the wall of a day spa. Instagram's market is retro styling, so capitalise with shots of vintage clothing, old bikes or rustic food. Have a cache of winter scenes ready for Christmas cards and improve detail in Instagram shots by first rendering them through a simple photo-editing app such as Snapseed (iOS, free). No darkroom required.

■ **SHOOTS WHO?** Camera-phone pros

■ **MONEY SHOT** £10 per print

## RUN YOUR OWN ONLINE GALLERY

Today, everyone is an enthusiast of something: people plaster their walls with photos of their chosen interest, whether that's vintage cars, cocker spaniels or brutalist architecture.

### ■ WHERE TO SELL

"The key thing when selling to enthusiasts is to fetishise the thing they love," says Adrian Teasdale, from online gallery service Gallereo. "Use dramatic

## £1m

The amount microstock agency iStockphoto pays its contributors every week

## 2

The average number of pictures that photo agency Shutterstock sells every second

## 86%

Proportion of photographers on microstock agencies who use photography as a second source of income

## 24%

How much of an average amateur photographer's total income is earned from photography

## 2/3

Proportion of photographers with no formal training using microstock agencies\*

lighting, sharp angles or black and white filters. If you're shooting cars, say, contrast should be high to pick out its curves and clouds should be visible in the super-polished bodywork. It makes sense if you love the subject matter yourself." Once you have shots you're happy with, create a virtual gallery using the software at gallereo.com. It costs £7.99 per month to host but you can sell your photos for any price you choose. "Use social media to engage with your audience and sell through online forums, clubs or fan sites," says Teasdale. Remember, their vice will have a virtuous effect on your wallet.

■ **SHOOTS WHO?** Passionate hobbyists

■ **MONEY SHOT** £70 per print

## SNAP UP EVERY OPPORTUNITY

Rolling news and the sidebar of shame mean that everyone with a camera or even a decent camera phone is now a potential pap or photojournalist.

### ■ WHERE TO SELL

Cash4yourpix.com sells 'citizen journalist' photographs to everyone from the *Telegraph* to *Take A Break*. The two most accessible categories are 'quirky' shots and celebrity photos – they don't even have to be pro quality.

■ **SHOOTS WHO?** Fly-by photographers

■ **MONEY SHOT** Up to £3,000 per shot



WHEN THE  
SNAPPER TURNS  
HIGH ROLLER

BLADES

THINNER<sup>®</sup> THAN

A SHEET OF

PAPER.



**Fusion<sup>®</sup>**  
**PROGLIDE<sup>®</sup>**  
**POWER**

GLIDE OVER YOUR  
SENSITIVE SKIN WITH  
OUR THINNEST BLADES

**Gillette<sup>®</sup>**

THE BEST A MAN CAN GET<sup>™</sup>

\*FIRST FOUR BLADES. BEST BUY AWARDED TO FUSION PROGLIDE POWER.



Innovation  
that excites



## NISSAN QASHQAI 360 WITH TECHNOLOGY THAT OPENS UP THE CITY

The new Nissan Qashqai 360 gives you everything you need to make the most of the city. NissanConnect with satellite navigation takes you on an effortless journey to enjoy city hotspots, while its Bluetooth® connectivity gives you easy access to your phone's functions. And with Nissan's Around View Monitor giving you a bird's eye view of even the tightest parking spot in the city, you can park quickly, easily and safely. Nissan Qashqai 360, your city has never been so open.

**NissanConnect** | **Bluetooth® Connectivity** | **Around View Monitor**

Qashqai Range: URBAN 27.4-51.4mpg (10.3-5.5L/100km) EXTRA URBAN 45.6-72.4mpg (6.2-3.9L/100km) COMBINED 36.7-62.8mpg (7.7-4.5L/100km) CO<sub>2</sub> emissions 179-119g/km.



SCAN TO EXPERIENCE  
THE QASHQAI 360  
IN ACTION.

Model shown is a Qashqai 360 1.6 priced at £20,395 On The Road with optional metallic paint at £2525 inc. VAT. Refer to dealer for exact specification. Models subject to availability. NissanConnect requires compatible phone or device (not included with vehicle) and relies on services provided by third parties outside Nissan's control. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Nissan Motor (GB) Ltd, is under licence. Other trademarks and trade names are those of their respective owners. Nissan Motor (GB) Ltd, The Rivers Office Park, Denham Way, Rickmansworth, Hertfordshire WD3 9YS. 203377/1

love sex

durex

The smile that stays with you



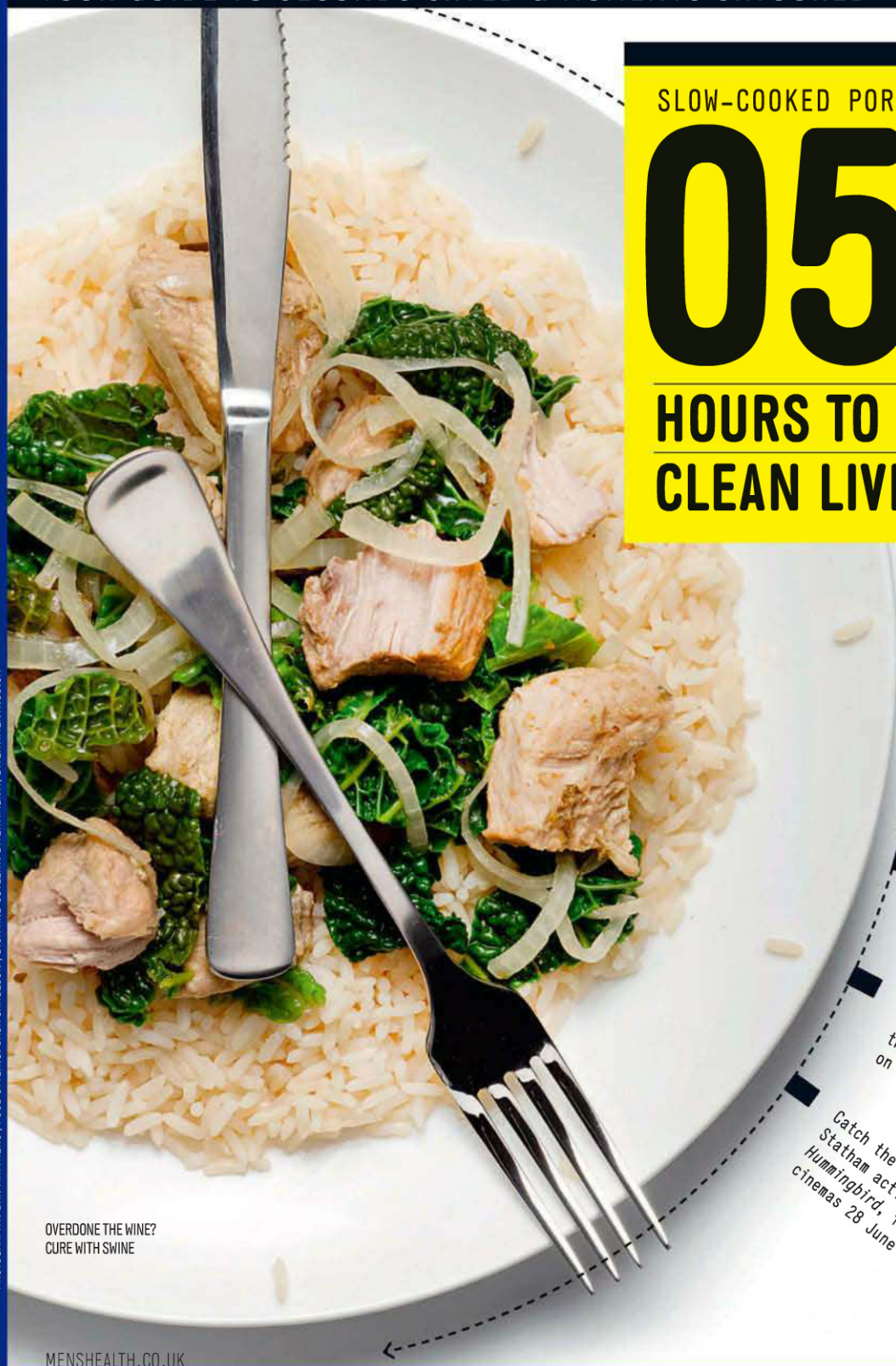
Play  
more.  
Smile  
more.



# Men's Health LIFETIME

YOUR GUIDE TO SECONDS SAVED & MOMENTS SAVOURED

EDITED BY IAN TAYLOR



SLOW-COOKED PORK

# 05

## HOURS TO A CLEAN LIVER

**H**angovers are as conducive to cookery as they are to heart surgery. But there's no reason to sacrifice quality. This low-effort lunch from nutritionist Drew Price is full of vitamin C to support liver detoxification, while citrus fruits stimulate the release of bile, to flush out cholesterol. Dice 500g pork, slice an onion, crush some garlic and chuck it all in a slow-cooker with three handfuls of kale and a few squeezes of lime and grapefruit. Season with cumin. Redemption is served in five hours – kill the time with one of these lazy indulgences:

Crawl under your duvet with the *Breaking Bad* season 5 boxset, on sale 3 June



Survive with post-apocalyptic game *The Last Of Us*, out 14 June



Or give *Kveikur* – the new album by Sigur Rós, out 17 June – a few spins



Catch the Lions' first Test against the Wallabies on 22 June



Catch the Jason Statham actioner *Hummingbird*, in cinemas 28 June



OVERDONE THE WINE?  
CURE WITH SWINE



ROLL WITH WIGGO

# 55

## HOURS ON THE TOUR DE FRANCE

**N**ext month, as the 100th Tour de France winds its way around the Alps, you too can get a taste of the world's greatest cycling race over a culture- and cardio packed weekend. This year's L'Étape du Tour will recreate stage 20 of Le Tour, from Annecy to Annecy-Semnoz at an altitude of 1,665m. The lakeside location is one of the most scenic in the Alps during the summer, and Annecy is a hub for good food and adventure sports. You'll complete the demanding 81-mile route – sweat no doubt coursing through your commemorative sideburns – two weeks before Wiggo et al turn up. They'll be riding in your dust.

### FRIDAY 5 JULY / 17.40 TAKE-OFF

You'll clock off early today: fly to Geneva with British Airways (from £103), and check in en route to Heathrow with the free BA app. Pack your bike in a hard case from Polaris (pod-it.co.uk).

### FRIDAY 5 JULY / 18.30 MID-AIR REFUEL

"Avoid alcohol during the flight," says nutritionist Rees Colling. "Being just 2% dehydrated impairs cycling performance by up to 20%. Ask the stewards for fruit juice and start carb-loading."

### FRIDAY 5 JULY / 20.30 GRAB AND GO

Pick up your bike from the oversized baggage area, then catch a bus (£42, geneva-shuttle.com) to Annecy. Pass the time reading *The Secret Race*, Tyler Hamilton and Daniel Coyle's investigation

into the Lance Armstrong scandal. You'll feel suitably superior on the start line.

### FRIDAY 5 JULY / 21.45 LATE CHECK-IN

Nick Miles of cycle-tour company RPM90 suggests the Clos Marcel hotel (clos-marcel.fr) for calm before the storm. Ask for a lakeside room (it backs onto Lake Annecy) so you're not disturbed. Stock up on performance-



LAKESIDE R&R AT THE CLOS MARCEL



enhancing fats, carbs and protein at the restaurant: the duck breast is a good choice.

### SATURDAY 6 JULY / 09.00 JAM PACK

The free hotel brekkie is a traditional continental buffet. Colling picks out white bread, jam and honey to keep your muscle glycogen levels high.

### SATURDAY 6 JULY / 10.00 ENGINEER VICTORY

"Once reassembled, check your bike with X-ray specs," says Miles. Clean your chain; tighten your wheel bearings. Then take it for a shakedown ride: the Lake Annecy path

is one of Chris Boardman's favourites. No need to ride all 22 miles of it, though.

### SATURDAY 6 JULY / 11.00 HYDROTHERAPY

Annecy is an adventure sports hub, but be sure to opt for something that won't sap your energy. Try hydrospeed: (from £45, essaonia.net): don a hard hat, grab a glorified lilo and ride the white waters.

WASH AWAY THOSE PRE-RACE JITTERS



WORDS: WARREN POLE | PHOTOGRAPHY: ANTHONY SERGIEV AT WEARESTUDIO33.COM | MINIATURE BIKES: URBANHUNTER.BIZ | ADDITIONAL PHOTOGRAPHY: GETTY, REUTERS, CORBIS



## SATURDAY 6 JULY / 13.30 MARKET STRATEGY

Another carb-and-protein stop: head to Avenue des Iles in Annecy for a farmer's market where you can grab supplies for a lakeside picnic.

## SATURDAY 6 JULY / 15.00 ROUTE WITH A VIEW

Scout out tomorrow's route from 5,000ft in the air with a hot-air balloon ride (£220, [compagniedesballons.com](http://compagniedesballons.com)).

## SATURDAY 6 JULY / 18.00 SADDLE UP FOR DINNER

Grab a taxi (approx £25) for a scenic, 19-mile trip to the Michelin-starred Auberge les Morainières. Situated in a vineyard, it could not be more French. Nor more appetising: order the turbot with truffles.

## SATURDAY 6 JULY / 21.30 NOT-SO-DRY NIGHTS

We do *not* condone alcohol this close to the race, but if you insist, head to Annecy's old town where you'll find everything from cocktails (at Le Garage) to electro (Red Z). But please – turn in early.

## SUNDAY 7 JULY / 05.30 WAKE-UP CALL

Pack a couple of honey sandwiches, then down a coffee. "Caffeine aids fat mobilisation when your carb stores run low," says Colling. Coffee's a stomach irritant though, so don't exceed your normal intake.

## SUNDAY 7 JULY / 06.15 STARTER'S ORDERS

Before you ride to the start, stuff a bin liner in your pocket, Miles says. "It's a lifesaver on rainy days."



## IN A NUTSHELL



### THE RACE

L'Étape du Tour (from £50, [letape.dutour.com](http://letape.dutour.com))



### THE FLIGHT

London Heathrow to Geneva (from £103, [ba.com](http://ba.com))



### THE HOTEL

Clos Marcel (from £118 per night, [closmarcel.fr](http://closmarcel.fr))

THERE'S NO  
BREAKING  
BRAD

## SUNDAY 7 JULY / 07.30 YOU'RE OFF (ALMOST)

With 13,000 riders setting off in staggered waves, expect a slow start. Use this time to ease into your pace.

## SUNDAY 7 JULY / 10.30 GREAT HEIGHTS

The first climb to the Col de Leschaux is steady, so don't attack too hard. From here the route undulates. Use the descents to make up time and keep clear of the 'broom wagon' sweeping up slow riders from the back.

## SUNDAY 7 JULY / 14.00 STRONG FINISH

Revard and Semnoz are the big climbs, the latter packing painful 10% incline sections. Take an energy gel every hour until the last mile, which eases for a sprint finish. If you've got the legs.

## SUNDAY 7 JULY / 16.00 H<sub>2</sub>O-H-YEAH-THAT'S-GOOD

Having cruised the (downhill) 12 miles back to Annecy, head for the lake. "Dunk your legs

in for a natural ice bath," says Miles. It'll minimise the DOMS back at your desk too.

## SUNDAY 7 JULY / 18.00 REFUEL AND REJOICE

For dinner: steak and chips. It combines protein and carbs to support recovery, plus the salt replaces electrolytes. Head to Ah! La Belle Excuse ([ah-la-belle-excuse.com](http://ah-la-belle-excuse.com)), a tumbledown bistro which does the best steak in town.

## SUNDAY 7 JULY / 20.00 AND TO DRINK, SIR...

"Don't forget about delayed dehydration," says Colling. "Fill up on water and sports drinks before any celebratory beers." Then join other jubilant racers at River's Café ([rivers-cafe.com](http://rivers-cafe.com)).

## MONDAY 8 JULY / 05.00 WAKE UP!

Sorry for another early start, but you'll need to hop on the bus now to make your flight.

## MONDAY, 8 JULY / 07.30 BACK DOWN TO EARTH

The 7.30am flight from Geneva gets you back to the UK for 8.10am. Leave the bike in its box: you've earned a bus ride into work today.



EYES ON THE  
VIEW, MIND  
OFF THE PAIN



MONT  
REVAR  
1,463m



ANNECY  
SEMNOZ  
1,655m



CUSY  
560m

83.5km

106.5km

130km

**HONDA**  
The Power of Dreams



**Nerds.** That's us. Excited by every little piece of technology we create. Take our new 1.6 diesel engine. It's the stuff nerds' dreams are made of. But not everyone's a nerd. Which is why we put our new engine in the Civic. So that more people like you can enjoy it. That's The Honda Way, after all. We don't just make things. We make things for people.

### **New Civic 1.6 Diesel**

**78.5 miles per  
gallon combined**

**120 PS of turbo-  
charged power**

**94g of CO<sub>2</sub>  
per kilometre**

**£0 road tax**

[honda.co.uk/thehondaway](http://honda.co.uk/thehondaway)



Fuel consumption for the Civic 1.6 i-DTEC range in mpg (l/100km): Urban Cycle 70.6 (4.0), Extra Urban 85.6 (3.3), Combined 78.5 (3.6). CO<sub>2</sub> emissions 94g/km.

**Model shown:** Civic 1.6 i-DTEC SE Manual in optional Alabaster Silver Metallic at £20,075 On The Road.

## MEAT-FREE MUSCLE

# 28

## DAYS TO GET VEGAN LEAN

**N**ot eating or drinking anything that comes from something with a face is being heralded as a seriously powerful way to cut fat without losing muscle mass. US athletes from the NFL and UFC are going vegan, claiming it's the cleanest way to fuel your body. *MH*'s David Morton cut out meat, eggs, milk, even honey (bees have faces...) for four weeks to find out if being an ethical athlete is all it's beefed up to be.



### WEEK 01

"Seven days in and I'm eating a lot of beans, and far more bread than I'm used to. I return from Whole Foods with a block of Sheese, a 'cheese alternative'. It's shit. Undeterred, I preach to friends about my ethical choice."



*MH*'S DAVID MORTON IS ABOUT TO GET LESS FLESHY



### WEEK 02

"Workouts are tough and the lack of protein is making me ache. Taking vitamin B12 helps, though, and I am losing weight. Have added pretend bacon (fake-on) and faux chorizo (choriz-no) to my list of sampled products."



### WEEK 03

"I've had much more energy this week – healthier energy. I'm downing plant-based protein (sunwarrior.com) and have upped my veg intake in place of oddball alternatives. I'm all about soya lattes and I've lost 2kg."



### THE VERDICT

"Vegan ain't easy. To get what you need takes planning, ingenuity and Tupperware – it's a big ask to lose a mere 2.5kg. But I do feel 'cleaner' and plan to cut back on milk and cheese for keeps. Building muscle on beans takes real magic in the kitchen. I prefer the science of steak."



DRIVE IT UP A GEAR

# 4.2

## SECONDS TO EXCITE

**T**he E63 AMG is a getaway car: fast, yes, but discreet. Now *MH* doesn't condone illegal acts, but if the needle was to creep above 70 on an empty stretch of the M4, you'd be hard pushed to find a more respectable accomplice. To look at it, the E63 is a smart family saloon. But underneath, it's as roguish as any sportscar and more powerful than a Jaguar F-type. Butter wouldn't melt. Rubber, however...



### INSIDE STORY

**ENGINE**  
5.5-litre V8, 557hp  
**TOP SPEED**  
155mph (limited)  
**0-60 TIME**  
4.2 seconds  
**MILES PER GALLON**  
28.8  
**EMISSIONS**  
230g/km CO<sub>2</sub>

MERCEDES-BENZ  
E63 AMG £73,720  
MERCEDES-AMG.COM

## BE CALORIE-NEUTRAL

# 30

## DAYS TO BURN OFF JUNE

It's June, the smell of easy-lighting briquettes is in the air and you're faced with a surfeit of chargrilled meat. Sunny days are a black cloud on your waistline. "The opportunity to drink outside means we do it more," says nutrition consultant Zoe Connor. "Post-work drinks stray into just-one-more territory; the same goes for day-long grazing at barbecues and tapas bars." And if that wasn't enough, the Lions tour down under means you're forward-passing Kettle Chips around all day. Your estimated total excess for the month: 12,000 calories. Here's how you can avoid the summer of love handles.



### 1 JUNE ROCK YOUR BODY

Get a full-body workout throwing men around the mosh pit as Green Day play The Emirates (£60.50 seetickets.co.uk). Also on tour: Bruce Springsteen and Maroon 5 – if that's your thing.

544

CALORIES



### 14 JUNE CRAWL IT OFF

Swimming two miles in Lake Windermere for the Great North Swim (or your local pool for fewer chills) drowns out fat better than jogging. Just as well if you're squeezing into a wetsuit. From £39 greatswim.org.

514

CALORIES



### 22 JUNE RUN FROM CALORIES

Enter The Wall (from £135 thewallrun.com), one of the UK's most hardcore endurance races. You'll solo run – or relay – the length of Hadrian's Wall and burn the equivalent of a burger and chips during a 15-mile stage.

1,576

CALORIES

### 8 JUNE CROSS OUT BREKKIE

Take advantage of the light mornings to exercise before breakfast. Research in the *British Journal of Nutrition* found you'll burn 20% more fat than if you gobbled down Cheerios first.

1,532

CALORIES



### 16 JUNE BURN AT THE BBQ

Play a trick on yourself to keep your barbecue eating in check. Scientists at Cornell University found you consume fewer kcals if you check out all the food on offer before you plate up or graze.

625

CALORIES



## 29 JUNE RECYCLE YOUR EXCESS FAT

The peloton pushes off for the 100th Tour de France. Keep up with Wiggo's low body fat by cycling uphill, three times a week, with a Cav-style sprint finish to spike your metabolic rate.

5,648  
CALORIES

## 24 JUNE 40/LOVE HANDLES

Wimbledon starts, inspiring you to grab your Slazenger for that annual game before tossing it back in the garage for another year. Play one extra game and you'll burn off the equivalent of six bottles of Magners.

1,124  
CALORIES

## 30 JUNE CLEAN UP FOR DASHBOARD ABS

Today's British Grand Prix should remind you to give your car a pit stop. One hour under the bonnet and a wash and wax will burn off your drive-through penalty: 10 Chicken McNuggets.

523  
CALORIES

TOTAL CALORIES  
BURNED  
**12,086**

## INSTANT ATTRACTION

# 60 SECONDS TO SEDUCE

### 0-20 SECONDS GET ON HER NERVES

As you meet your date, tell yourself she's probably feeling nervous (even if she turns out to be anything but). This simple trick subconsciously makes you gentler in your approach, which will help her warm to you faster, according to research at the University of Waterloo. Just don't sidle up, touch her on the arm and say, "I'm here... I'm here."

### 21-40 SECONDS OWN THE ROOM

For instant attraction, one group of people always rates highest. No, it's not greasy dotcom billionaires – it's narcissists. Project a sense of entitlement: hold out your coat to the maitre d' or state that you usually get the table in the window. Research in *The Journal of Personality and Social Psychology* found this is the most effective way to be a charming bastard.

### 41-60 SECONDS TALK HER AROUND

The single biggest thing you can do to make yourself more persuasive? Reaffirm her 'right to choose'. While you're mulling over the wine list, start a sentence with the words, "You can disagree with me, but..." Whether you're talking about your drinks order or the decor, it makes her more likely to agree with you and creates rapport.





» NEW  
from Solgar «

# WALK, RUN, CLIMB, PLAY – You Can!

SUPPORTS FLEXIBILITY, MOBILITY, AND RANGE OF MOTION

FEEL THE DIFFERENCE

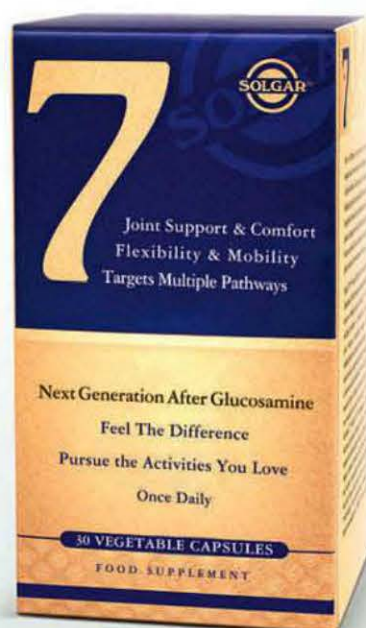
Finally, the next generation in joint comfort,  
mobility, flexibility, and range of motion.

Solgar® 7 brings together bio-active  
nutrients that work to create an approach for  
occasional “tweaks” and joint stressors brought  
on by exercise, sports, or physical activity.\*

Available at Independent Health Food Stores  
For your nearest Solgar stockist,  
visit [www.solgar.co.uk](http://www.solgar.co.uk)

\*The Vitamin C in this product helps collagen formation for the normal  
function of cartilage and bones. It also helps to protect cells from  
oxidative damage (stress).

Food supplements should not be used instead of  
a varied balanced diet and a healthy lifestyle.



## SUMMER V-SHAPE PLAN

15

## MINUTES TO A SWIMMER'S BODY

**Y**ou don't need dolphin DNA to be built for the water. Pro swimmers are defined by wide shoulders, tapering down to a narrow waist. To get your ratios in check, *MH* consulted Ian Freeman, the coaches' coach at British Swimming. These are time-efficient moves which target multiple muscle groups. You'll build the body you want long before you set foot on the sand.

## 6-WEEK BODY SWAP



**BUILD YOUR  
SHOULDERS  
BICEPS  
CORE  
BACK**

**DO THIS** Perform this circuit 3 times a week to build size and burn fat simultaneously. Expect visible results by week 6.

BEFORE



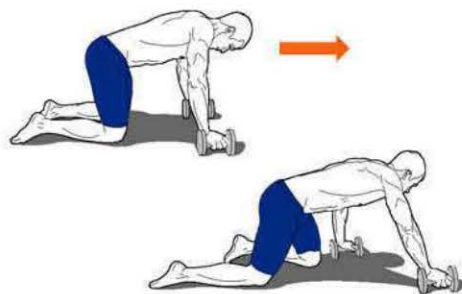
YOU  
IN SIX  
WEEKS

AFTER

## A 2MIN

## FLOOR CRAWLER 3 X 30SEC

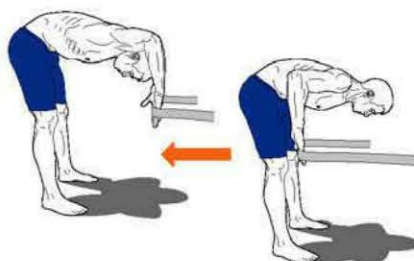
Straight in at the deep end: get down on your hands and knees, holding two dumbbells. Crawl forward, lifting the weights as you go. This simple move will torpedo fat, bringing your abs to the surface.



## C 2.5MIN

## SWIMMER'S BAND-PULL 3 X 14 REPS

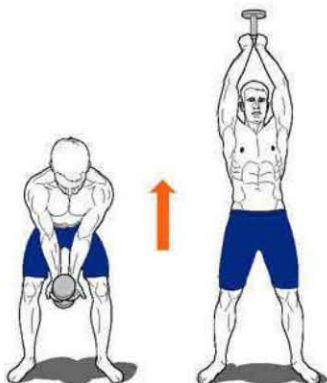
Attach a resistance band to a fixed point in front you. Bend forward and pull it toward you, elbows bent as if practising the front crawl. This hits you square in the lats and shoulders.



## E 2MIN

## DUMBBELL SWING 3 X 12 REPS

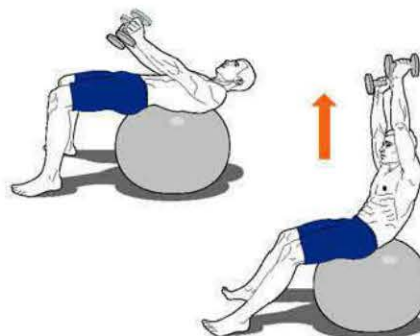
Now for a deep fat-burner. Bend your knees and hold a dumbbell between your legs. Swing it above your head, thrusting your hips. This should really fire your glutes; don't let your arms do all the work.



## B 3.5MIN

## CRUNCH-PRESS 3 X 25 REPS

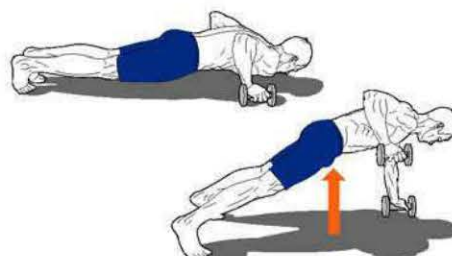
This works your core and shoulders simultaneously. Lie on a Swiss ball, dumbbells at your hips. Push the weights overhead as you crunch up. Stabilising your body on the return will intensify the calorie cut.



## D 2MIN

## RENEGADE PRESS-UP 3 X 10 REPS

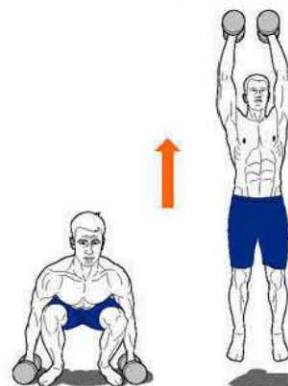
Sink into a press-up, hands on dumbbells. Follow each press-up with a one-arm row, alternating sides, to target your chest and back. The push-followed-by-pull movement will broaden your torso quickly.



## F 3MIN

## DUMBBELL SQUAT JUMP 3 X 16 REPS

Holding a pair of dumbbells, squat until the weights kiss the floor, then jump, driving your arms up. This destroys calories and builds your shoulders. Time! Swimmers come in, your 15min are up. **15**





6 MEN, 2,000 ENEMIES,  
120KM BEHIND ENEMY LINES.

COULD YOU  
SURVIVE?

THE TRUTH ABOUT  
ELITE PERFORMANCE  
IS NOW DECLASSIFIED

A man with dark hair and a beard is crouched on a corrugated metal surface, possibly a roof. He is wearing a dark t-shirt and khaki pants. He is looking off to the side with a focused expression. His right hand is on his hip, and his left hand is flat on the metal surface.

## THIS MAN DID.

THE M.O.D HAS FINALLY ALLOWED ONE OF THE MOST GRUELLING STORIES OF THE IRAQ INVASION TO BE TOLD. *MH* INTERROGATED CAPTAIN DAVID BLAKELEY, THE LEADER OF THE BRITISH SPECIAL FORCES UNIT THAT MADE IT BACK. THIS IS THE EXCLUSIVE BLACK-OPS INTEL YOU NEED TO OPERATE AT AN ELITE PHYSICAL AND MENTAL LEVEL — AGAINST ALL ODDS

WORDS: ALEX HARRIS — PHOTOGRAPHY: GLEN BURROWS





WEIGHTS MEAN LITTLE  
IN BATTLE. YOUR  
FITNESS SAVES LIVES

**T**he drop zone is quiet. We're being kept away from the prying eyes of any would-be paparazzi heroes who might blow the fact we're here before the war has officially started. We are ghosts, preparing to haunt the enemy at night. I pull the dust cover off my mounted MG42 and we roll out."

March, 2003. The US are spearheading the invasion of Iraq, but they're already late to the party. A single British unit is deep behind enemy lines. They are Mayhem Three Zero, six members of the Pathfinders – a black-ops regiment considered among the best on earth.

"First in," is their motto and it fits better than their custom HALO suits. High-Altitude Low-Opening, their incursion method of choice, involves skydiving from 25,000ft before carrying out top-secret missions. They are the pinnacle of physical and mental performance in combat.

That you need superior physicality for this work is no secret. The methods that get you to that level, however, have been censored. That was until *MH* met Captain David Blakeley, leader of the team hunkered down in Iraqi sand when the US Marines arrived. "Fitness isn't just useful for us – it's everything," he says. "I'm not just talking about your VO<sub>2</sub> max here; mental stamina is what really keeps you alive."

Their training is primal: there are no weights and no rest periods. "It's rooted in battle scenarios," says Blakeley. "You train to a point of exhaustion and keep pushing so your willpower gets a workout. That it's tough is exactly the point."

It made Blakeley the ultimate modern warrior: 94kg, lean, powerful. "Nearly all men are born the same," he says. "Mentality separates us later. We set our own limits and cripple our potential. I believe what Pathfinders have in common is an inability to give up. We ignore limits." It was this mindset that defined their pivotal Iraq mission.

**"We're heading north by jeep, crossing the border between Kuwait and Iraq. An airfield in Nasiriyah is our target. The mission: mark the landing for the paratroopers to drop in, then get out. Textbook stuff.**

**Days have passed by the time we near the airfield MI6 says is relatively benign. We're sleep-deprived and anxious.**

**The Nasiriyah district is the most beautiful place I've ever seen; it's**

**Babylon to some. But when we get there, something feels ugly. There's too much activity. Trucks are patrolling and armed men are pacing. The realisation hits like a bullet: the intel is bad; we've driven right into the heart of an Iraqi stronghold. We're parked in the middle of a very real Hell.**

**Darkness and our Arab headscarves cloak us for a moment but, as my gaze is met by a Ron Jeremy doppelganger with a keen eye, we're busted. If we can't call on our training now, we aren't going to make it out alive."**

The rigorous Pathfinder selection process has become infamous the world over. Many paratroopers have tried and failed either on the murder march through the Brecon Beacons, during the warehouse torture simulations or when learning extreme survival techniques from Masai warriors in Kenya.

"Above all else, you're taught to endure," says Blakeley. "Pain and fear exist for us like they do for anyone, but they are things you learn to compartmentalise; to deal with by using mind tricks." It's this skill that separates the best performance from the normal.

"Pumping iron ignores some of your body's most fundamental processes. The same can be said for just running," says Blakeley. The practicality and intensity of the Pathfinder system is also what makes them enjoyable. "We're taught to be competitive and resourceful. Our workouts are a prime example of this: you use a partner instead of weights for big lifts and you can do the moves almost anywhere."

Blakeley's favourite exercise is the man-down drill (overleaf). "Only special forces soldiers are taught this because, when in situations like we experienced in Afghanistan and this mission in Iraq, we have no casevac [casualty evacuation]. If a man goes down, we deal with it. Through thick and thin, we're on our own."

**"I'M NOT JUST  
TALKING ABOUT YOUR  
VO<sub>2</sub> MAX HERE; MENTAL  
STAMINA IS WHAT  
KEEPS YOU ALIVE"**



## BLACK OPS HANGOVER CURE

"THIS TRICK GOT US OUT OF TROUBLE BEFORE A FAIR FEW SKYDIVES," SAYS BLAKELEY

### 01 LOCK DOWN

Your meeting is in 10 minutes and you need to evade capture from the enemy (your boss). "Sit upright and exhale. Now inhale deeply for five seconds."

### 02 HOLD FIRE

Recover from the shot wounds. "Hold this breath for a count of 20. Allow panic to fill your stomach, this is a lymphatic flush, which energises you."

### 03 FULL ATTACK

"Now breathe out hard for 10 seconds. You'll notice a head rush. Repeat this 10 times and your concentration will never go AWOL again."

BREAKING YOUR  
PHYSICAL BARRIERS  
IS A STATE OF MIND

*"I look up at the hunter party: 20 jeeps packed with rattling automatic weapons and equally erratic Fedayeen – a militia fiercely loyal to Saddam.*

*West is deeper into the enemy, south is unmanageable, east is the way we came, now swarming with enemies. Heading north, we hit the final nail in the coffin, a literal impasse: deep and impenetrable, the canal cuts us off.*

*'Negative, Mayhem Three Zero. Air support denied.' Command have betrayed us. We're trapped behind enemy lines. My strategic assessment of the situation: we're fucked.*

*Rank counts for nothing here. The best idea wins. My teammate has a plan; something so romantic that, in the end, it's the only choice. We're going east – back into the hornet's nest.*

*We load our weapons methodically. With the last metal-on-metal click, we're ready. Facing the army mobilised to terminate us, I'm wired, ready for our death-or-glory charge."*

These men live for the extreme. "It's during moments of complete pressure that you learn your limit, ignore the stop signs and push on," says Blakeley. "If you want to be selected for the world's elite organisations, you have to find your ability to keep going."

You don't have to be black ops to benefit from Blakeley's tactics. "I mentally recite the three words I've written down everywhere: 'Never. Give. In.' Even if you're in the gym, repeat them until it's an uncontrollable internal monologue. It's saved my life more than once."

Paperwork shouldn't be ignored, either. "Write down every possible outcome and come up with a contingency for each. What if we're outflanked? What if the radio breaks? I believe this is useful in everyday working environments; things go wrong, even if you're great at what you do." To be the best, you need to have over-prepared for the unexpected.

**"MY MOVEMENT IS RESTRICTED BY MY MACHINE GUN AS I SPOT TWO ENEMIES. I'M IN THEIR SIGHTS"**

USING YOUR BODY AS RESISTANCE BUILDS MENTAL STRENGTH



**B**ullets fly. The Iraqis' phosphorous-loaded rounds are creating laser-like streaks in the sky. Star Wars shit. It's cover, point, shoot through hundreds of men. Iraqis fall as we weave through bushes and alleys, night vision making us lethal.

A bullet hits my leg. It's pure chaos, but we know what we're doing. My unit has hit targets at speed hundreds of times before. But the battle is taking its toll. You're delirious with fatigue after so long without sleep. This is where we earn our stripes. The training, the pushing your body beyond the limits you once set, the honing of your mind – it all comes into play.

We make our final push. My movement is restricted by my machine gun as I spot two enemies. I'm in their sights. My luck is up: this is it, the moment it all comes to a grisly climax with me dead in the sand. Two shots are fired; Steve, my driver, has pulled his pistol and buried them both. We press on.

Exhausted and overwhelmed, my mind stays on the job. All I hear is my mantra on repeat: Never give in! Never give in! I'm in a state of flow.

Against the odds, we punch past the lines the Iraqis won't cross due to the advancing US troops. But our job isn't done. There's no time to tend to our wounds. I sit down with the Marines to map-mark the enemy positions."

This recon led to one of the most effective airstrikes of the war, later hailed as a crucial moment in advancing the coalition forces. "It wouldn't have happened without our training," says Blakeley. "We simply wouldn't have survived." Their mission was over.

The skills that kept Mayhem Three Zero alive are as explosive as life lessons get. "Remember, the only advantage a Pathfinder has over you is training to alter their mentality," says Blakeley. "You can achieve this when you learn to really push yourself with our techniques."

The parting words from a man in the shadows shed some light on the highest echelons of human performance: "Prepare for everything, make training methodical and never, ever give in; despite what every fibre of your body may be screaming. You've got more to give than you know."

*Maverick One: The Making of a Warrior* by Captain David Blakeley £20 (Orion)

# SPECIAL FORCES FITNESS

"THIS PROGRAMME DEVELOPS ELITE MENTAL AND PHYSICAL STAMINA TO SMASH YOUR SELF-ESTABLISHED LIMITS," SAYS BLAKELEY. "ROPE IN A PARTNER AND HEAD TO A FIELD. GO ALL-OUT FOR 2MIN, THEN JOG FOR 2MIN." DO THE SAME FOR THE NEXT MOVE. DO THIS TWICE A WEEK FOR 6 WEEKS.



## 01 SPRINT - 2MIN

Go all out and sprint in controlled bursts for the full two minutes. You're firing your cardiovascular system and pushing your lungs while warming up your fast-twitch muscles here. If you're confined to a smaller space, do high knee sprints on the spot. Breathe and jog for 2min.

## 02 PRESS-UP - 2MIN

Drop and give me 10. Give me another 10! Keep going to really hammer the muscle fibres built for endurance in your chest and arms. This will develop military-grade power over prolonged periods of exertion, helping you push on during the 90th minute while all others falter.

## 03 MAN-DOWN DRILL - 2MIN

Extract your mate from a warzone for full-body fitness: with him on the floor, right leg bent, stand on his right foot and grab his left wrist. Hoist him up by pulling him onto your shoulders and driving through your heels. Now run with him on your back and switch after 1min.

## 04 LEG RAISE - 2MIN

This simple move is a moment of respite as you target your core. Lie on your back, legs straight a few inches off the ground. Tense up and raise your legs to a 90-degree angle. Exhale and control them back down to the ground. Keep pushing for 2min for stability that'll go the distance.

## 05 WHEELBARROW RUN - 2MIN

This is an intensive workout for both partners, working your core and legs, plus absolutely hammering your shoulders to build bulk in your upper body. Have your partner grab your ankles while you walk on your hands for 1min then switch. Keep your core tensed.

## 06 PRESS-UP FIGHT - 2MIN

The final showdown. Square up to your partner in a press-up position. Give him your best death stare and battle, pulling and twisting each other's arms to force them to fall. It's the most intense core exercise you'll ever attempt. Pain is temporary, pride is forever.

ARE YOU PATHFINDER FIT? SEE IF THE EXERCISES YOU COMPLETED GET YOU SELECTED FOR DUTY

PATHFINDER 2 CIRCUITS ELITE 1 CIRCUIT AND 2 MOVES GOOD 1 CIRCUIT AVERAGE 5 MOVES BELOW AVERAGE 4 MOVES

# The bald truth

Hair loss affects eight million men in the UK. That's a lot of guys with a lot of questions. **MH** and **REGAINE®** comb through the science to give you the facts about going thin on top

## I'm too young to be losing my hair **X FICTION**

Hair loss is not an old man's game. It's normal for men to lose some hair from their early thirties onwards. As you get older, the number of follicles on your scalp progressively reduces. With ageing, hair becomes finer and more sparse. About 40% of men will see noticeable hair loss by the time they turn 35.

## Stress can cause hair loss **✓ FACT**

Stressful episodes, such as an accident or surgery, can cause hair production to stop temporarily. However, male-pattern baldness is not caused by stress.

## Hair in the plughole is a bad sign **X FICTION**

If you have male-pattern baldness, AKA androgenic alopecia, you

should expect to lose some hair every day. But it's entirely normal for any man to lose up to 100 hairs in a 24-hour period, and they will normally grow back.

## My grooming routine is to blame **X FICTION**

What you choose to put on your hair – whether that's gel, wax or anything else – does not cause balding. Neither does shampooing regularly. Blow drying can damage or burn your hair but it doesn't affect the follicle, so any lost hair will grow back immediately.

## Hair loss is only passed down from the mother's side **X FICTION**

Baldness is hereditary, yes, but it's not limited to your mother's side of the family. The genes that cause hair follicles to shrink can come from either parent. The best test is in the mirror, not in your DNA.

## Massaging my scalp will reduce hair loss **X FICTION**

Brushing or massaging your scalp will not lead to any lasting increase

in blood flow to the hair follicles. Minoxidil treatments work by dilating the blood vessels around your follicles, increasing their nutrient supply. When used twice daily you can expect visible results in around 16 weeks.

## The earlier you start treatment, the better your chance of success **✓ FACT**

If you're concerned your hair is thinning, take action now. **REGAINE** for Men Foam contains minoxidil, the only clinically proven treatment available over the counter. The sooner you start, the higher your odds of seeing great results.

For more straight-talking truths about balding, and to find out the facts about treating hair loss, head to [regaine.co.uk/facts](http://regaine.co.uk/facts)

**Regaine®**



# THE MINISTRY OF MEN'S HEALTH



**NOT ALL MANIFESTOS ARE WRITTEN TO BE  
BROKEN. THIS IS OUR PLEDGE TO MEN WHO  
WANT TO ENJOY LIVES BOTH GOOD AND LONG.  
MINIMUM EFFORT, MAXIMUM RETURN, NO LIES**

PHOTOGRAPHY: DAVID ABRAHAMS - ARTWORK: ALAN KITCHING



# BOOZE WEEKENDS

(AND WEDNESDAYS)



## THE GOVERNMENT IS NOW SUGGESTING YOU SHOULD DRINK EVEN FEWER UNITS PER WEEK. MEN'S HEALTH SAYS: YOU ENJOY YOURSELF, JUST TAKE TEETOTAL DAYS IN BETWEEN

Last year, chief medical officer Dame Sally Davies stated in her annual report that you should cut down on your boozing – certainly to less than the 21-28 weekly units that is your maximum as a man.

But the current unit system limiting the nation's drinking is arbitrary. I believe those figures were put together by three people: the chief medical officer, someone from the alcohol industry and an adjudicator.

With self-control, it's much easier to have none than some. The most realistic

way to self-moderate is to take a few days off booze. Drinking at the weekends and on Wednesdays means your next drink is never far away but keeps Monday, Tuesday, Thursday and Friday alcohol-free.

It's the idea of a daily limit that's the real issue. Unlike food, alcohol changes your behavior. If you had a slice of toast and by your third you were phoning your ex, you wouldn't eat toast so often. You won't find drinking nothing hard at all. It's drinking *just a quick one* that's so difficult.

# BELLY MOOBS INDEX



**FOR THE ONLY WEIGHT ASSESSMENT THAT MATTERS, JUST LOOK IN THE MIRROR – NO CALCULATOR REQUIRED. VISCERAL FAT IS THE REAL THREAT, NOT THE NUMBER ON YOUR BATHROOM SCALES**

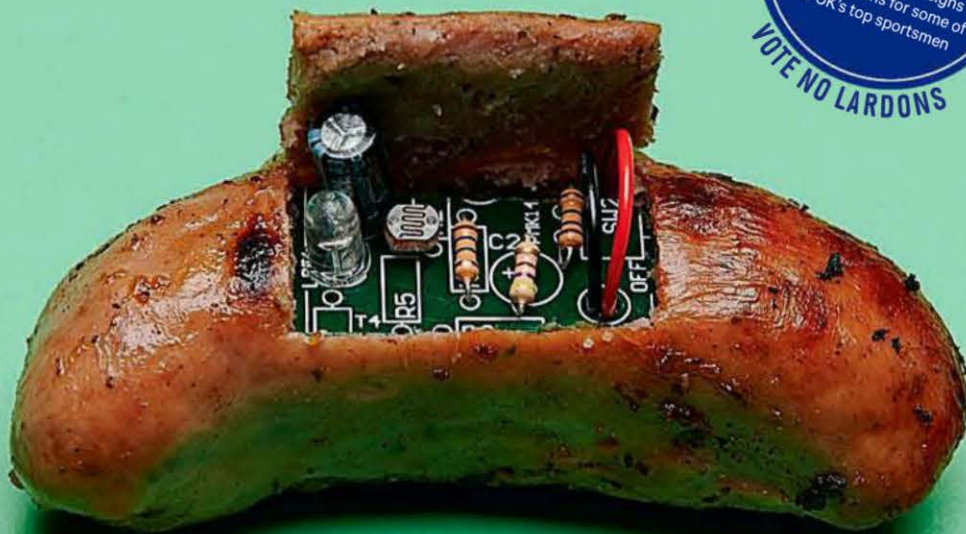
The body mass index (BMI) is a bit like the *Daily Mail*: great for the masses, unpalatable for the individual. This 19th-century theory supposedly tells you if you're a healthy weight and you'll find simple calculators on websites belonging to the NHS, Bupa and even M&S. All of them are worthless. Because the BMI is really a tool designed for epidemiologists – people whose job it is worry about the

health of millions of people all at once. It doesn't consider your individual body type or muscle mass, which makes it as insightful as a check-up from Jan Moir.

Try this self-test instead: stand side-on to a full-length mirror. If your belly sticks out further than your chest or there's a fold in your skin that could legitimately be described as 'side moob' you already know more than the BMI could ever tell

you. What you're looking at is visceral fat. Often dismissed as a harmless lump of lard, this tissue is actually a deep-fried stick of dynamite, increasing your risk of cancer, metabolic syndrome and high blood pressure. If your silhouette is giving you that diagnosis, the cure is straightforward – eat better and exercise harder. It's the easiest way to affect your own personal state of health.

# STOP. THINK. PINK!



## YOUR STEAK CAN STAY. IT'S THE 'PINK' MEAT SNEAKING INTO YOUR DAILY DIET THAT'S THE HEALTH TIMEBOMB. HERE'S HOW TO PIG OUT THE SMART WAY

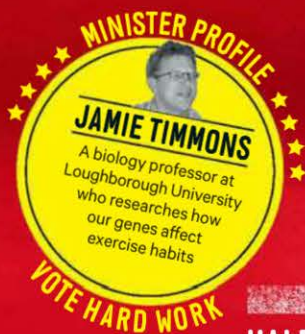
If you had to choose between the two, you're better off with horsemeat than bacon. A piece of horse (or beef or pork) is red meat. A piece of bacon is *processed* meat, and that difference is crucial – the pink stuff is a lot more sinister.

Processing brings about changes to the meat's nitrogen compounds, and there is significant research linking porky cuts such as bacon and ham to digestive cancers. We all love bacon. It's a magic food, one that's almost impossible to resist; salt and fat, wedded in the beautiful silky strip. But the current UK guidelines are to eat 70g or less of red meat per day, and a decent bacon sandwich has about 50g.

You might not start every morning with a bacon buttie, but pink meat has a habit of sneaking into your diet. Wafer-thin ham in your lunchtime sandwich, lardons in your salad and chorizo in your otherwise healthy stew are just three ways pink insinuates itself into your life.

Red meat isn't evil. And neither is pink, really. We're just eating too much of it. My advice: if you do have a bacon sandwich for breakfast, consider not eating meat for dinner. Don't try to save money on the red stuff, either. Make cash cuts elsewhere as cheaper varieties also tend to be the most heavily processed. Go for quality over quantity and enjoy that bloody steak.

# IT'S A SPRINT NOT A MARATHON



**HALF AN HOUR OF GENTLE EXERCISE IS BORING. IT'S VERY BORING. GOING ALL-OUT IN THE GYM A FEW TIMES A WEEK MEANS YOU CAN PUT YOUR FEET UP FOR THE REST OF IT**

Thirty minutes, five times a week. It's the one-size-fits-all fitness mantra, beloved of health officials, that will make us impervious to illness or weight gain. But it's wrong.

Exercise must be tailored to your body. If not, following standardised advice could do more harm than good. For instance, 12% of people will get an *increase* in blood pressure when they follow routine physical activity for 150 minutes a week.

Here's your new rule: push yourself. I'm a firm believer in high-intensity interval training (HIIT), where you work to your maximum effort in short bursts. I've seen

what it can do in the lab – compared with plodding forms of exercise, it's better for fitness, metabolic health and fat loss.

On a static bike, sprint as hard as you can against resistance for 20 seconds. Slow right down for two minutes; repeat two more times, then cool down. If you prefer the treadmill, do bursts of 30-60 seconds, three to six times.

HIIT like this can't be generic because your peak effort is different to mine. Try it for six weeks, then surprise your body by doing something new – just push as hard as you can. Now relax about your fitness.

# GET YOUR 25-A-WEEK



## FIVE-A-DAY IS A DAILY LET DOWN. BUT 25-A-WEEK IS SURPRISINGLY EASY TO PUT AWAY AND IS JUST AS STRONG A NUTRITIONAL TARGET

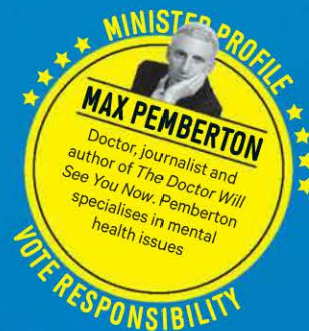
Most people don't eat enough fresh produce, so any scheme that encourages eating a healthier range of foods is a positive one. But aiming for the five-a-day goal every day isn't realistic. That's simply not how we eat. It's better to aim for 25 portions every week.

If you miss out on a few because you're especially busy, you can make them up along the way. Redress the balance with a five-minute fritatta: peel, slice and fry any vegetables you have in the fridge for a few minutes, then pour beaten egg over it and give it another couple of minutes in the pan. It's packed full

of protein if you're training, and is the quickest way to get three of your 25 on a plate at once.

Still struggling to hit your goal? Add any serving of wholegrains you have to your total too. They are an important, underrated food group. We're constantly learning more about refined carbs and how much trouble they wreak upon your metabolism and weight. But this doesn't happen when you eat wholegrains. Get your 25-a-week from veg, grains and fruit in that order. This will give you a truly balanced and nutritious diet – not just a daily box to check.

# SMART HYPOCHONDRIA



## VISITING YOUR GP MEANS SKIPPING WORK. WHICH IS WHY MEN DON'T GO. THIS SIMPLE HOME HEALTH ASSESSMENT WILL TELL YOU WHEN IT'S WORTH BRAVING THE WAITING ROOM

Statistics show British men visit their GPs 20% less often than women. We can debate the reasons, which range from "It's too busy at work" to "Men don't get ill!", or you can commit to performing this fast home check-up once a month and quit worrying. We call it Smart Hypochondria. It's the clever route to disease-free living.

First up, moles: look for fluctuations in colour, shape or size. If they bleed or itch,

get them checked professionally. There's an app from Channel 4 show *Embarrassing Bodies* called My MoleChecker – it's free to download and allows you to easily monitor any suspicious changes.

Now, downstairs: if there's been blood in your stool twice or more in the past month, speak with your doctor. Likewise if you've noticed black or offensive-smelling (more so than usual) stool. If there's blood in your

pee or semen, that also requires a visit to your GP. It points to abnormalities with your prostate – serious or otherwise.

Finally, heartbeat: irregularities in the rhythm of the heart are responsible for 20% of strokes. To check yours, find your pulse in your wrist and tap your foot to the beat for a minute. If you can't tap along, rest for an hour and try again. If it's still beating like an erratic drum, get help, man. 🥁



OLYMPIC ROWER

OLYMPIC ROWER



# MEN'S HEALTH **VS**

OLYMPIC GOLD-MEDALISTS, OUR NEXT 100M CHAMP, ENGLISH FOOTBALL'S FUTURE AND BRITAIN'S KING OF THE RING –  
*MH* WENT HEAD-TO-HEAD WITH THE NATION'S YOUNG STARS  
TO FIND OUT HOW YOU CAN MAKE YOURSELF TRULY GREAT

MH LEARN FROM THE BEST.  
LESSON ONE: DON'T  
FORGET YOUR KIT



# THE PROFESSIONALS

**B**ritish sport has never had it so good. We're bursting at the borders with field-leading athletes and, infected by Olympic pride, we dominate in disciplines such as cycling, athletics, rowing, boxing and football. But there's plenty of glory to go around. Take a leaf out of our athletes' training manuals and there's no reason you can't achieve their level of physicality. With new inroads

into stamina, speed and strength, UK sport is paving the way to elite performance. It would be a crime not to exploit our home advantage. To paraphrase a particularly great Brit, be not afraid of greatness: some are born great, some achieve greatness – and you're about to have it thrust upon you by *MH*'s selection of the best athletes Britain has to offer. The klaxon has sounded: your time is now.



# STRENGTH

MH vs DAVID HAYE

**BRITAIN'S BEST BOXER IS BACK DOING WHAT HE DOES BEST: BOXING (AND TALKING). MH FEATURES EDITOR DAVID MORTON TRAINS WITH DAVID HAYE TO FIND OUT HOW HE BULKS UP FOR BRUTAL STRENGTH**

**A**t 95kg, with a right hand that has finished 24 of his 26 wins by knockout, it's only fair David Haye has a big mouth. Since wrapping the WBA world heavyweight champion belt around his waist, his conversation has centred around one thing: knocking out a Klitschko brother. He got his chance in 2011 and lost to Wladimir. The mouth shut. Temporarily.

Because, after a farcical brawl in and out of the ring with Dereck Chisora, Haye is gunning for another shot at the Brothers Grim, working in his Vauxhall gym; building strength, on top of sparring and gruelling endurance work on the VersaClimber.

While the workout we did focuses on your arms, almost every exercise requires you to use your core. It hurt to sneeze for days after our session. Haye certainly has a six-pack that can take a hit, but he'll have to wait a while longer to prove it – a recent hand injury has postponed his planned fight with German boxer Manuel Charr.

There will be no waiting for your moment of glory, though. Haye's regime mixes overloaded strongman exercises to trigger full muscle activation, with the functional-strength benefits of Brazilian jiu-jitsu and CrossFit. It's time to put your muscle where your mouth is.

HAYE PUTS MH THROUGH ITS HEAVYWEIGHT PACES (NO JOURNALISTS WERE HARMED IN THE MAKING OF THIS FEATURE)

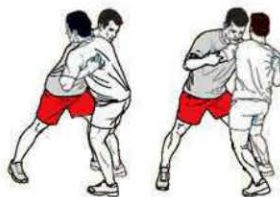
## “HAYE’S REGIME MIXES STRONGMAN EXERCISES WITH THE FUNCTIONAL STRENGTH BENEFITS OF CROSSFIT”



### THE HAYEMAKER’S STRENGTH SESSION

Haye’s conditioning coach Bobby Rich doesn’t pull any punches in building solid arms. Complete this session twice a week for six weeks, resting your upper body for at least two days in between

#### 1 PUMPELLING 2 x 1min bursts; 30sec rest



**A** This is a much more functional way to warm up your upper body than simple stretching. And you get to fight a bit too. Face your partner (avoid any Klitschkos), feet just past shoulder width.

**B** Lean into him, your right arm hooked over his left, holding his tricep, and left arm hooked under his right. Ask your partner to do the same. Now alternate positions, driving from side to side.

#### 2 L-SIT ROPE CLIMB 2 x 3; 2min rest



**A** This CrossFit-inspired move has been tweaked by Rich to make it a real arm-and-core punisher. Sit on the floor with your legs straight and reach up to grab the rope, hand-over-hand.

**B** Pull yourself up; tense your core to stay in the same seated ‘L’ position as you climb up the rope. Go to the top, touch the ceiling, then walk your hands back down. Yes, this is tough.

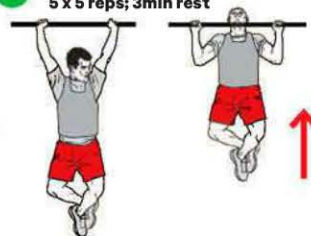
#### 3 BARBELL INCLINE JAB 6 x 8 reps; 2min rest



**A** For heavyweight punching power, sit on a bench with a loaded barbell wedged in the corner of the room. Hold it by your shoulder, elbow tucked. Keep your other hand in the boxing ‘guard’.

**B** Punch the bar up, away from you and bring it back under control. Do 4 reps, then turn to face the other way and do 4 with your other arm. Keep your eyes on the weight but your torso straight.

#### 4 WEIGHTED VEST PULL-UP 5 x 5 reps; 3min rest



**A** This is your normal pull-up, only harder. The weighted vest puts maximum load on your back and biceps, stopping you using momentum to cheat. Put on the vest and stand under the bar.

**B** Hold the bar with a shoulder-width, overhand grip and bend your legs underneath you. Draw your shoulders and flex your biceps to bring your chin level with the bar, then lower.

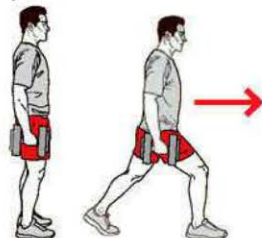
#### 5 SLED PUSH/PULL 3 reps; 2min rest



**A** This is a lower-body exercise but firing your glutes and quads spikes your testosterone to build your top half too. Get in a sprint-start position then drive the sled forward for 15m.

**B** Now take a wide stance, feet either side of the sled, and pull it back. Keep your back straight and backside low (think deadlift). Shuffle back and yank it to the start line: that’s 1 rep.

#### 6 FARMER’S WALK 2 reps; 30sec rest



**A** Finally, stand holding two heavy dumbbells by your sides (MH managed 44kg). Keep your back straight and arms fully extended. This is simple, but it isn’t easy.

**B** Walk 20m, turn around and walk back. Go at a quick-but-steady pace, making sure you never stop moving. The extreme circuit KO’s every muscle fibre in your body for ring-ready muscle.

# POWER



MH vs HARRY AIKINES-ARYEETEEY

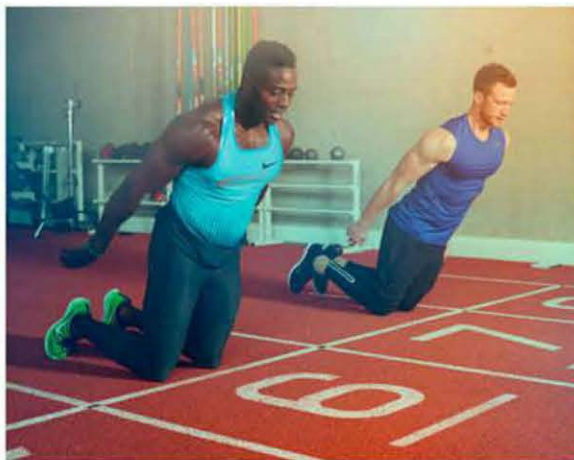
**GB'S MOST EXPLOSIVE MAN OVER 100M TEACHES OUR EDITORIAL ASSISTANT MARK PEACOCK WHY POWER WILL FLOOR YOUR OPPOSITION IN ANY SPORT**

**H**arry AA is Britain's best chance of bagging medals in the 100m over the next decade. He is the first and only British athlete to win medals at U18, U20, U23 and senior levels. Aikines-Aryeetey also beat everyone lining up in the junior ranks and won a gold medal in the world athletics championships in 2006. But then a back injury derailed his preparation for the 2012 Olympic Games and our most devastating short-track athlete missed the big party. We didn't talk about it.

But now he's fully fit and back at the top. As you can

see from his physique, modern sprinting isn't just about out-and-out speed: it's about total power – the amount of force you can exert against the earth as you hammer down the track.

"It's wrong to think of running as one horizontal movement," he says. "I concentrate on using my power to push off the ground, rather than run flat; it made me noticeably quicker straight away." Time spent on the track is one thing, but as Mr AA's gym records attest (190kg front squat; 160kg power clean) genuine athletic force is made of heavy metal.



HARRY AA PROVES THAT BIG DOESN'T HAVE TO MEAN SLOW

**"I CONCENTRATE ON USING MY POWER TO PUSH OFF THE GROUND. IT'S MADE ME NOTICEABLY QUICKER"**

AIKINES-ARYEETEEY IS RUNNING IN THE SAINSBURY'S ANNIVERSARY GAMES, 26-28 JULY (BRITISHATHLETICS.ORG.UK) | AIKINES-ARYEETEEY: NIKE FLYKNIT LUNAR+; NIKE+ FUEL BAND (NIKE.COM) | MARK PEACOCK: NIKE

## CONTROLLED EXPLOSION

This is a low-rep, high-intensity session, so give each lift your absolute all. Rest for at least two days between workouts

### SUPERSET 1

#### FRONT SQUAT 2 reps



**A** Explosively drive the bar up from the floor and catch in the rack position shown.



**B** Engage your glutes, straighten up and drop the bar. You'll smash your PB with this one.

#### HIGH BOX JUMP 1 rep



**A** Harry sets the box at chest-height, but try waist-level first. Squat and swing your arms back.



**B** As you jump, tuck your knees to your chest as early as you can. Land, balance, step back, rest.

Rest for 2min and repeat. Power through 5 sets, then move onto the second superset

### SUPERSET 2

#### FRONT SQUAT 2 reps



**A** Hold the bar in this rack position, elbows down. Keep your chest up and sink down deep.



**B** Power back up to standing. To protect your knees, make your glutes do as much as possible.

#### WEIGHTED STEP-UP 5 reps



**A** These target your quads even better than squats. Holding dumbbells, side step onto a bench.



**B** Make sure your toe points forward as you step back. Your body is now primed for power.

Rest for 2min, then return to the front squats again. Do 6 supersets in total

# SPEED

MH VS ALEX OXLADE-CHAMBERLAIN

## THE BRIGHTEST STAR OF ENGLAND'S GALACTIC FOOTBALLING FUTURE SHOWS SENIOR WRITER MARK SANSOM HOW HE GENERATES HIS LIGHTNING PACE

Very few sports give you the opportunity to get up to top speed. 'Invasion' games such as football and rugby value quickness from a standing start and the ability to change direction at pace. It's how you sidestep a big tackle or burst through a gap to score. And it's why, aged 19, Arsenal winger Oxlade-Chamberlain already has 10 England caps to his name.

Top coaches don't even bother timing players over 100m, or even 50; it's that crucial first 10m that gets the ink on contracts. "My pace off the mark and ability to get

past players is my best asset – it's what I was encouraged to work on as a kid," says Oxlade-Chamberlain. Luckily for those with less time to work on it, acceleration off the mark is far easier to improve than Bolt-like top speed.

"It's about knowing the direction to move in. While a lot of it comes naturally, by practicing speed-and-quickness (SAQ) drills over and over, you can teach your body to react faster," he says. Make your speed instinctive with this premiership-grade circuit to improve your pace, both indoors and out.

## ACCELERATE LIKE THE OX

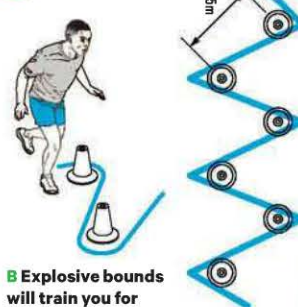
This plyometric SAQ drill trains your body to move faster in every direction. Complete 2 circuits at 75% pace, down an electrolyte-rich energy drink\*, then complete 5 laps for lethal agility

### 1 PLYOMETRIC LADDER



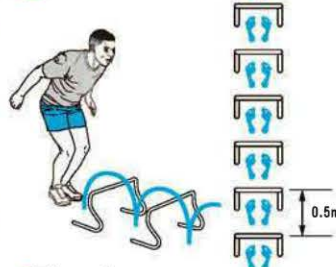
**A** Use the 'tango' drill to strengthen your knee ligaments, improving your change of direction. Jog a couple of laps first and don't think about the footwork, then follow the above pattern.

### 2 SLALOM BOUND



**B** Explosive bounds will train you for sudden movements in any sport. Push hard off your outside foot to zig-zag between the cones. Focus on increasing your distance, as well as your speed.

### 3 MINI HURDLE



**C** This works every fast-twitch fibre in your legs for speedy reactions. Get your heels over the hurdle and back down to engage your hamstrings. Quick training, lasting results.



'THE OX' SHARES HIS TIPS FOR SAQ SLICKNESS



MH VS THE PROFESSIONALS



# STAMINA

MH vs THE GB ROWING TEAM

TRUE ENDURANCE IS WON IN THE GYM, NOT OUT ON THE RIVER. **MH** WRITER DAN HUBERT JOINED THE CHAMPION GB ROWERS TO LEARN THEIR METHODS

**P**ete Reed, Tom James, Andy Triggs Hodge and Alex Gregory exert more prolonged force between them than any other sportsmen on the planet. They hold the world record in their class and, together, there are few international accolades they haven't won. Three of them have gold medals tucked in the drawer with their Lycra.

After my half-hour session with the team, I was barely able to walk – when you train with athletes of this level you can't help but push yourself. But it goes to demonstrate the importance of technique: get *that* right and you can go further faster in any endurance exercise you do.

Rowers have stamina in its purest form. If you've ever kept your heart rate over 200bpm for a minute or more, you'll be familiar with that burning sensation in your lungs, the metallic taste in your mouth and that feeling of utter exhaustion when you're done. Try that for nearly 90 minutes when you weigh 100kg and you'll be somewhere near what they go through every day. "Some people asked why we didn't celebrate in the boat after our 2012 Olympic gold," says Reed. "But after that kind of effort, there's nothing you can do or say." Use their Olympic-level workout to up your endurance on dry land.

BUILD GOLD-STANDARD  
STAYING POWER – AND DON'T  
END UP AN ETON MESS



FROM LEFT: TRIGGS HODGE, **MH**'S DAN HUBERT, GB ROWER MOE SBIHI AND GREGORY



SEE THE GB ROWING TEAM MEN'S FOUR IN THE WORLD CUP AT ETON-DORNEY FROM JUNE 22-23 (WRCUP@DORNEY2013.COM)



## LASTING TECHNIQUE

Complete these 4 sessions over 3 days; rest a day and repeat. Rio 2016 suddenly doesn't seem so far

	YOU DO	INTENSITY	FEELS LIKE
1	2 x 20min	heart rate 140-160bpm	Chasing your dog across a field for the entire duration of <i>Newsnight</i> .
2	2 x 15min	heart rate 180bpm	That 'quick' intense workout you try to get in during your lunch break.
3	3-5 x 1-2K	high intensity	The long sprint you did because you couldn't reach the 'stop' button.
4	10-15 x 25sec	maximum effort	Being pursued by an axe murderer up a hill. Said axe-wielder is Mo Farah.

## STROKES OF GENIUS

The rowing machine is the best piece of kit for honing all-round stamina *if* you're doing it right. Use this form guide to give your fitness the biggest boost possible



**A** Start each stroke with your knees tucked in, shins fully vertical and arms straight. "This is the recovery position," says Reed. "Get this right and you'll have better stamina."



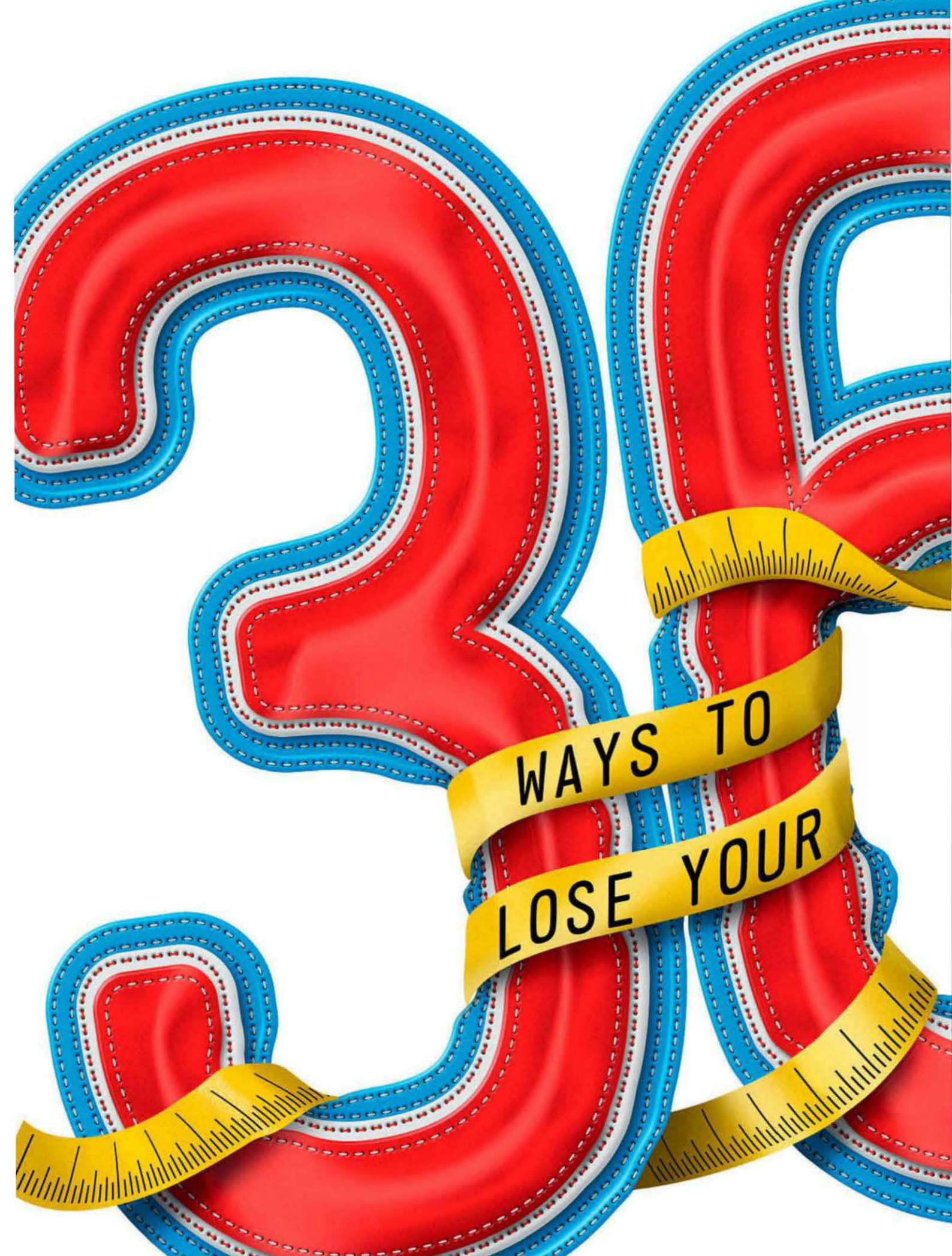
**B** Keeping your arms straight, push with your legs and squeeze your glutes. You know you're doing it correctly when the face you're making affords a few raised eyebrows.



**C** Bring your arms back in a straight line and only pull them in after your legs have finished their shift. Your legs are your biggest workers, so don't go easy on them.



**D** Always grip loosely with flat wrists. Lean so you're at the 11 o'clock position to the floor. Return the to the start. Repeat, over and over for guaranteed greatness. 🏆





# HANDLES

Sucking in your stomach to button those old 501s? You need to act now: a 36-inch waist puts you at high risk of heart attacks and diabetes. But extreme measures will not be necessary. Here are 36 new ways to reverse the spread so simple you won't even feel the pinch

WORDS BY **MARK SANSON** ILLUSTRATIONS BY **LUKE LUCAS**



## 01 BURN THE TREES

Eat green vegetables for breakfast (think omelette, not cereal topping). They contain a phytochemical called IC3 which will ramp up production of fat-burning testosterone before your morning workout.

## 02 SWITCH OFF

It's Tuesday night. You're late home. But the noise of the TV when you're eating dinner drowns out your stomach's 'stop bloody eating' messages, causing you to take in about 300 calories more, found the University of Massachusetts. *Game Of Thrones* can wait.

## 03 BURN FAT IN BED

Double your bedtime action with a casein shake before sleep. A Dutch study found that increasing your intake by two and a half times will boost your metabolic rate overnight and your satiety levels will be 33% higher across the following day. Try Optimum Nutrition Casein Gold Standard, £25.

## 04 CARB YOUR ENTHUSIASM

The old doctrine is wrong: carbs at night are a good thing. An Israeli study showed that while on a restricted diet of 1,500kcal those who ate carbs in the evening lost 27% more fat than those who ate them at lunch.



## 05 CHOOSE WEIGHT

Research on dieters who don't lift weights found that 25% of weight lost is from muscle. Don't be that guy.

## 06 HUNT IN PACKS

She's right. It is your mates' fault: "Individuals with similar body fat levels form groups and social forces drive them to obesity," say psychologists at the University of Colorado. You don't have to be a hermit – just partner up with people who have similar fitness goals.

## 07 TURN PRO(BIOTIC)

Yakult and Actimel will do more than pump you full of benevolent bacteria, says food scientist Dr Peter Jones of the University of Manitoba, Canada. "Probiotics interfere with calorie absorption, so there are fewer to pack on as abdominal fat." Take them for six weeks to shed 4% body fat.



## FAT-LOSS FACTORS



**PSYCH**  
Think yourself slimmer



**EXERCISE**  
Swap paunch for power



**NUTRITION**  
Eat away the inches



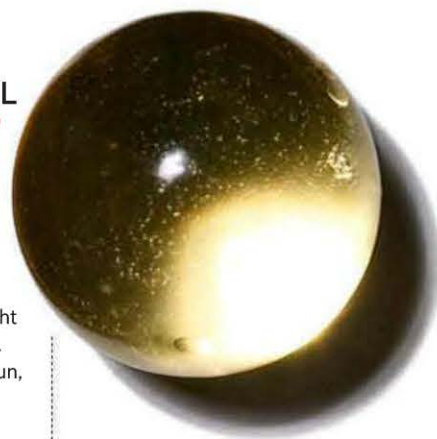
**LIFESTYLE**  
Changes you won't even notice

## 08 GET ON YOUR BIKE

Make cycling your go-to form of cardio for chasing down visceral fat. A study published in the *Journal of Physiology* showed that cycling for at least 20 miles a week led to a 7% drop in visceral fat and a 7% overall drop in fat around the waistline after eight months.

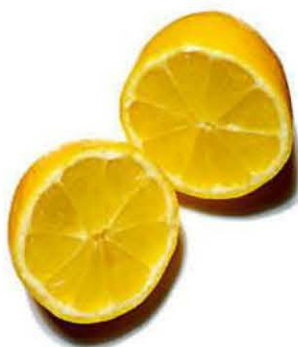
## 09 BIG YELLOW PILL

Vitamin D can help you lose lard all over, but it's particularly helpful for that replica Goodyear sitting on your belt. The University of Minnesota found that D triggers weight loss by regulating fat cells. Escape abroad for some sun, or invest £3.55 in 100 pills from Holland and Barrett.



## 10 SLOG DAYS ARE OVER

Steady-state cardio does nothing to shift stubborn midriff fat. Swap long runs for sprint sessions to shed your belly faster, say University of New South Wales researchers.



## 11 TART DRESSING

Take your condiments sour and stop the 3pm vending machine dash. Adding vinegar or lemon juice to food slows the rate of digestion. "It means you'll be fuller for longer, while blunting the insulin spikes that make you snack," says nutritionist Liz Harding.

## 12 SNOOZE TO LOSE

Lack of sleep leads to more than bleary-eyed comfort-eating. Chicago researchers found it blocks your fat cells' ability to react to insulin, making you more prone to fat storage. Try eating foods rich in vitamin B6 such as tuna, chicken or turkey: it increases sleep-hormone production.

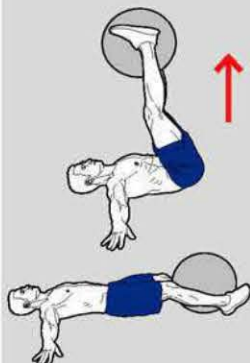
## 13 30-SECOND FIX

If Pilates is good enough for The Rock, it's good enough for you. Suck in your gut as if you were buttoning a tight pair of jeans then hold for 30 seconds. Repeat five times and you'll see the difference within two weeks, says professor Michele Olson of Auburn University.

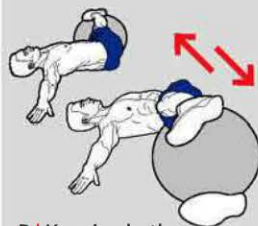


## 14 SIDE ORDERS

A love handle-free waist means building your obliques, says Jorge Cruise\*. He recommends the leg roll. Do 10 reps, rest for 1min and repeat three times.



**A** | Start by lying on your back with your arms out to your sides. Prop a stability ball between your ankles and lift your legs toward the ceiling.



**B** | Keeping both shoulders on the floor, exhale and lower your legs to the right. Inhale to return, then lower your legs to the left.

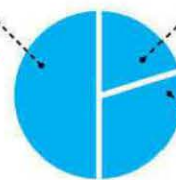
## 15 STUB IT OUT

If you smoke, you're significantly more likely to store fat in your abdomen, say Japanese scientists.

## 16 THREE-PRONGED ATTACK

Divide gym sessions into the components on the right for the most effective belly-fat burn, says PT Craig Ballantyne.

50% | High resistance supersets to boost your metabolism



20% | Interval training to burn belly fat

30% | Bodyweight circuit training to warm up

## 17 BLOOD LUST

Let them eat steak: a Danish study found men on a 25% protein plan lost twice as much fat as those taking in just 12%. Trim down faster by cooking it rare – it's harder to digest so you absorb fewer calories say Alabama scientists.



## 18 SLOWLY DOES IT

A key molecule in fighting infection also attacks belly fat. Interleukin-6 speeds up your metabolism and the best way to trick your body into pumping it out is to perform a slower eccentric (downward) phase of moves. It amps up the strain, which triggers the release of the molecule to reduce inflammation and incinerate your spare tyre.



## DON'T DISCOUNT GRAINS

Get one up on the Dukan lot. A US study compared popular diet plans and found that eating low-GI grains raises your resting metabolism in the same way protein-only plans do, but without the associated increase in heart-disease risk.

**20****RUN THE NUMBERS**

Remember those simultaneous equations at school? Here's an easy one: for every 45min you spend at your desk or watching TV, spend 15 on your feet. The US Endocrine Research Unit found obese people sat for 164 minutes longer per day than lean participants. A few quick trips to the shops could burn an extra 350 calories a day.

**21****FAT-SLASHING INTERVALS**

1 | Row for 60sec, noting the distance on the machine.  
2 | Row slowly for 60sec. Then row for 55sec and try to match or better your distance from the first time.  
3 | Rest 55 seconds, then repeat, reducing the time to 50sec. Continue until you can't beat your original distance, or you collapse.

**22****SPOIL A GOOD WALK**

Hit the fairways. If you've a waist over 36 inches, you're spending too much time indoors. "The lifestyle shift needs to happen first, and there's no better start than walking round a golf course," says PT Adam Bates. Time spent outside also lowers levels of cortisol: the stress hormone linked to belly fat.

**23****MIND THE MUNCHIES**

Put the popcorn down, or at least move it to the other side of the sofa. The University of California found that people who were asked to eat snacks with their non-dominant hand while watching TV consumed 30% less. Based on the average man's snack consumption, that's a saving of 63,500 calories a year, or the equivalent of 130 Big Macs.

**24****BE CALCIUM RICH**

Here's another win for the pro-dairy camp: calcium deficiency triggers your body to release calcitriol, the hormone that causes you to store blubber. Eat a pot of low-fat plain yoghurt a day.

**WEIGH IN ON YOUR HORMONES**

Low testosterone levels are a key factor in storing fat around your love handles. According to PT Joe Isaacs, the most effective ways to boost them (legally) are to:

- A | Train with big moves using heavy weights at high intensity. Squats followed by deadlifts is the ideal combo.
- B | Treat yourself to cholesterol-rich food such as eggs, beef and cheese at least three times a week.
- C | Train with volume. Aim for 10 sets of 5 reps to release maximum testosterone. A total of 30-50 reps per exercise.

**26****MORNING GLORY**

Wake up, work out, have breakfast – that's the most effective AM routine to strip fat from your middle says a Northumbria University study. Exercising in a fasted state burns 20% more fat.

**28****DON'T MAKE IT KINGSIZE**

Dogma dictates you mustn't skip it, but that's not your cue to supersize your first meal of the day. In a study presented to the European Congress on Obesity, participants who cut calories at breakfast didn't compensate by eating more later on or report feeling any hungrier. It's as good a reason as any to get the hard work out of the way early.

**27****BLIND MAN'S BUFF**

Close your eyes on the cross trainer. "Balancing trims fat by using your midriff," says PT Matt Roberts.



## 29 QUIT YOUR DRINKING HABIT

That orange juice you've been told is the perfect start to the day is not as innocent as you think. Georgia Health Sciences University found those who consumed the most fructose (juice is full of it) had about 20% more visceral lard than those who drank the least. Avoid having more than three glasses of OJ a week. Don't worry about whole fruits, though. They contain the fibre needed for a steady release of energy.



## 30 LIQUIDATE CALORIES

It's not just OJ that's dangerous. Start tallying up those liquid calories and you'll be surprised how much you can cut with simple swaps. MH will take a coffee, thanks.

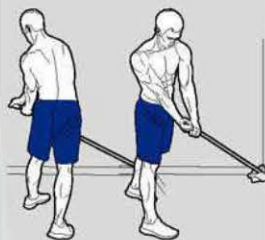
Drink	kcal per 330ml
Wine	240-275
Whole milk	220
Fizzy drinks	125-190
Apple juice	175
Orange juice	165
Cranberry juice	160
Red Bull	160
Beer	155
Soy milk	150
Iced tea	140
Tomato juice	80
Tea, no sugar	20
Diet drinks	0-7
Coffee, black	0-4

## 31 THIRTY DAYS, A SINGLE MOVE, ONE INCH LOST

Dr Alexander Koch of the Health & Exercise Sciences faculty at Truman State University has found the most effective move to explode your love handles – the landmine twist.



**A** | Take an Olympic bar, put a towel over one end and wedge it in the corner of the room. Hold the bar at a 45-degree angle to the floor.



**B** | Push the bar between your hands, pivoting with the opposite foot. Do 3-5 sets of 10-20 reps with 30 seconds rest in between.

## 33 THE BIGGER YOU ARE, THE FASTER IT FALLS

If you fall into the 'thick-set' category (and not just packing an over-sized gut), more weight sessions is just what you need to shift midriff fat. *Preventive Medicine* found that bigger-built men showed rapid fat loss with a 12-week programme. The "lift big or go home" mantra has never made more sense.

## LOSE YOUR LOVE HANDLES



## TURN THE LIGHTS DOWN LOW

That dimmer switch in your living room is good for more than the odd DVD session. A Cornell University study found that by pairing low lighting with slow music you consume 18% less and average 170 fewer calories per week. And no, it's not just because you can't see your plate.



## 34 WEIGHT WATCH

The amount of food you consume drops by a third if you sit in front of a mirror while you eat. It's particularly effective at stopping you from eating high-calorie foods destined for your middle, such as cheese or crisps, according to Iowa State University. You're essentially shaming yourself into shape. Needs must.

## 36 GO TO THE PUB MORE OFTEN

Don't misunderstand us: the beer belly is so-called for a reason. Alcohol is the worst architect of love handles – slowing your metabolism and adding empty calories. But not all booze cal's are created equal: a study in the *Journal of Nutrition* found that men who drink infrequently but heavily store more fat around their middles than those who drink the same amount in smaller doses. You won't miss the hangovers or the paunch. 🍷

## 35 SNACK ON...

...gherkins. They have five calories apiece and their acetic acid accelerates fat burning.





# IF YOU COULD HAVE SEX WITH YOUR EX ONE MORE TIME...

~~WOULD YOU?~~  
SHOULD YOU?

THERE'S ALWAYS ONE YOU STILL FANTASISE ABOUT, BUT THAT DOESN'T MEAN RETRACING FINGERTIPS IS A GOOD IDEA. OUR MAN SET OUT TO BED AS MANY OF HIS EXES AS POSSIBLE AND SETTLE SOME SCORES ALONG THE WAY

WORDS BY AARON DIEK

THE  
STOP  
ROS

University fun '98!



# EX SEX



Call me! Molly

**W**e've all thought about it. Whether it's because you bumped into her randomly in a bar, or very deliberately on

Facebook, ex-girlfriends have a unique allure. Your current relationship status might make it awkward to admit, but you know which one you'd most like to have sex with again. Exactly which one. In fact, by now you can probably not only name her but also recall a precise occasion in graphic detail. The sound she made; the look on her face; what she was or wasn't wearing at the time. Regardless of what prompted you to start thinking about it, once you do it's hard to stop. Trust me.

In my particular case, it was a photo. While clearing out my wardrobe I dug out a shoebox of old university paperwork

and found a few pictures from the pre-Instagram days among the stack of yellowing essays. There she was: Fiona. We were together for a year or so and she surprised me one winter's evening, waiting for me in my bedroom wearing nothing but a bobble hat. She'd dyed her hair dark brown and we did it on the floor.

The relationships I've had in the 10 years since have all had their sexual highlights. Still, nothing tops Fiona and her bobble hat. Recently single again after an 18-month relationship, online dating and meeting friends of friends at parties is all well and good. Exciting, sometimes. But if no-strings sex is what you're up for it's a costly and time-hungry process considering it doesn't always lead to that. And it's fraught with uncertainty, game-playing and no small amount of anxiety.

But with an ex, all that hard work has already been done. More than that, the barriers along the way to sex – compatibility, self-consciousness and a bit of occasional embarrassment – have all been negotiated. You know what really turns her on and she you. There is far less confusion involved.

I wanted to know if rekindling old flames for sexual gain would be a viable way to get more sex, more often. I wanted to find out whether it was possible to relive those moments stored in the more private recesses of your memory. Most of all, I wanted to know if Fiona still looks that good wearing nothing but a bobble hat. So, I gave myself four weeks to have one more attempt with as many of my past girlfriends as possible. I start off by texting Fiona.



**"SLEEPING WITH AN EX IS ABOUT CONTROL; YOU CAN AVOID THE FEAR OF REJECTION THAT COMES WITH PURSUING SOMEONE NEW"**

#### THE ART OF EX COMMUNICATION

She doesn't reply. It's quite a blow but it doesn't feel as awful as I thought it would. I've roped in a team of sexual psychologists and therapists to give me the inside line on having sex with an ex and Paul Ginocchio, a therapist who specialises in men's sexual issues, explains why I'm less than distraught. "Sleeping with an ex is a means of exercising some type of control. It's a way of circumventing the threat of rejection and the vulnerability that may come with pursuing someone new." Or, as Mike Lousada, a second sex therapist I consult about the proposition, puts it, "You could call it going for the low-hanging fruit. It requires minimum effort with the potential of high returns. And if you do happen to get rejected

### THE EX FILES

IDENTIFY HER 'TYPE' AND PLAN THE RECONCILIATION

#### 01 THE ONE THAT GOT AWAY

"You never fully pursued the relationship," says Judi Keshet-Orr, psychotherapist. **YOUR MOVE** "Make contact through a mutual friend so you feel you're on the same level."

#### 02 SHE WANTED MORE

You couldn't commit. Now you must persuade her you can.

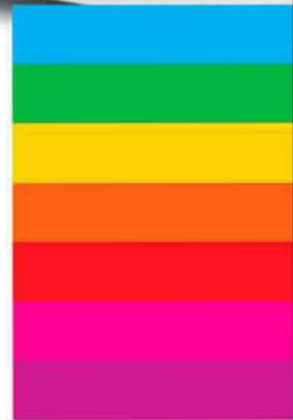
**YOUR MOVE** To rebuild trust, "refer to the passing of time," says psychologist Paul Wilson.

you typically won't feel too bad, as you probably didn't have any high expectations in the first place."

It does make a lot of sense but it's still a false start. I write down a list of all my other exes and realise that they can all be simply categorised by how things ended. There are the ones that finished relatively amicably, simply fizzling out for one reason or another. And there are those that ended less so, exploding in a tirade of vitriol and/or betrayal. I jump onto Facebook to check who's single and send the following messages:

To Louise – a friend of a friend who was more into me than I was into her: "Been thinking about you."

To Mary – a relationship that 'fizzled' when she decided to move out of town: "I really need to talk to you."



To Sarah – the summer fling that ended pretty badly when I admitted to sleeping with another girl behind her back: “Are you in town?”

And then I have a wank. Best-case scenario, if one of them gets back to me, I don’t want to come off as horny and desperate as I now increasingly feel.

### REAL SEX, FANTASY WOMEN

Louise gets back to me a few hours later. We were an item for just a couple of months last year and we did it on the kitchen table once after a night out, while her housemate was asleep upstairs. She was always pretty open to sex but, once we started having lots of it and spending inordinate amounts of time together, I began feeling trapped. I told her that I wasn’t “in the right place for something serious right now”, avoided a few phone calls and that was that.

We arrange to have a drink that Friday evening, at the same pub that was the preamble to the kitchen table memory. I wonder if she remembers it. I reckon she does. We talk about our mutual friends and I struggle to remember the names of her colleagues and after an hour or so we’re starting to run out of conversation. I walk her home through the park and eventually we find ourselves face-to-face in the almost darkness, and I step in towards her for the sort of hug defined by a mutual pressing of pelvises. She kisses me – or I kiss her – and she pulls back and shrugs with a smile.

Back at hers, she unbuckles my belt and drops to her knees. It feels good but it’s short-lived. In the meantime she’d unbuttoned her shirt and we have sex on her bed with the lights off. Afterwards she tells me that I shouldn’t stay, so I call a taxi. We hug on the doorstep (less pelvises this time) and she seems somewhat shameful. If I’m honest, so am I.

The following morning I consult my therapists. “With this sort of woman, there is always the risk of them thinking that you’re interested in more than the

“‘FANTASY INCUBATION’ IS A PROCESS IN WHICH NEGATIVE ASPECTS ARE FORGOTTEN. IT’S JUST SEXUAL EXCITEMENT THAT REMAINS”



physical connection,” says Lousada. “At first glance this looks like an easy option – however, this is probably a lose-lose scenario.” His point is taken. I feel like I’ve done something wrong and I’m pretty sure she does too. The sex itself can best be described as familiar; we followed a very similar pattern in terms of sexual positions – missionary, doggy and then her on top – and even disposing of the condom in the bathroom afterwards gave me an eerie sense of déjà vu. The pedal bin banged loudly against the tiling along the walls, making the same echoing ding as it had done previously. I could imagine Louise tutting to herself back in the bedroom.

Most crucially, the sex wasn’t as good as I remember. It certainly wasn’t at all like having her spread out on the table top. That was much better. Consultant

psychologist Professor Glen Wilson tells me that this feeling of disappointment is only to be expected.

“It’s psychologically very difficult not to remember past sexual exploits better than they actually were. This is extremely common in men and it has a name – it’s called ‘fantasy incubation’. The negative aspects that might have been operating at the time drop out and are forgotten. It’s just that bit of sexual excitement that remains and you modify it, refine it and build other things into it that make it the perfect turn-on.”

Louise was the ideal candidate in theory but there was a danger of leading her on or, worse still, having to go through the process of distancing myself from her all over again. She knew that too. Sex with this sort of ex is high risk for an OK reward but I resolve to leave Louise alone.

MODELS: SIMONA AT ZONE, HOLLY S AT IMM | STYLIST: OZZY SHAH | STYLIST'S ASSISTANT: PAMELA LIMONGI | NAIL TECHNICIAN: ZAIDA ABRAHIM GANI USING DUTRUK | HAIR AND MAKE-UP ARTIST: HILA KARMAUD USING LANCÔME MAKE-UP AND SHU UEMURA ART OF HAIR | CLOTHING: DIRTY PRETTY THINGS (DIRTYPRETTYTHINGS.UK.COM), WYLA (WYLA.COM) AND ALMEIDA (ALMEIDA.UK.COM), SWIMSUIT: HERVÉ LÉGER (HERVELEGER.COM), JEWELLERY: CORALLA LEETS (CORALLALEETS.COM), AND TOM FORD GLASSES AVAILABLE AT CLARE VISION, 020-8675 3368 | ADDITIONAL PHOTOGRAPHY: BETTY

**THE NO-STRINGS RELATIONSHIP**

The following Wednesday, I'm waiting outside a restaurant for Sarah. We haven't spoken since the fireworks of our split over four years ago but her messages over the last few days have been pleasant enough. More importantly, Wilson has told me that this ex is exactly the one you should focus on.

"A highly charged termination of the relationship allows for a much greater chance of reconstruction than if you had just drifted apart. Once you move onto a footing of friendship it becomes increasingly difficult to recreate the sexual attraction you once had."

Mechanically I pull out her chair from the table and just like old times she smiles at me and slumps into it.

Within moments we are comparing our adult lives. Not my favorite topic, but I feign interest – she was engaged but it didn't work out. We finish dinner and go our separate ways with no real promise of more to come. "It was So good to see you tonight. Again. Soon." she's used first-letter capitalisation for emphasis as long as I've known her. "Really good to see You too," I reply.

The next day I send her an email: "Before you find your husband, maybe we can spend a weekend in the country together. It just wouldn't feel right once you're married." It's my last shot.

A fortnight later we meet at the hotel; she specifies one bed. We reprise our old roles and I am utterly surprised and confused when, as we are lying next to each other afterwards, she begins to cry.

**THE EX FILES****03 CIRCUMSTANCE SPLIT US**

"Ask yourself if it was the situation and not you putting barriers up," says Keshet-Orr.

**YOUR MOVE** "Don't beat about the bush – be straight with her," says Wilson. Say the right thing and she's yours.

**04 I DID A BAD, BAD THING**

This won't be easy, "but pass the first hurdle and you're onto a sure thing," says Wilson.

**YOUR MOVE** "Honesty is key here: no games; clear, open dialogue," says Keshet-Orr.

She explains that our sex reminded her of her youth and how much happier she was then. Compared to this moment, I was happier when I was younger too.

Nevertheless, we end up having decent enough missionary-style sex at every possible opportunity over the course of the weekend. At the end of our stay we split the bill and leave things open-ended. I get the sense that she got what she wanted out of the weekend as well.

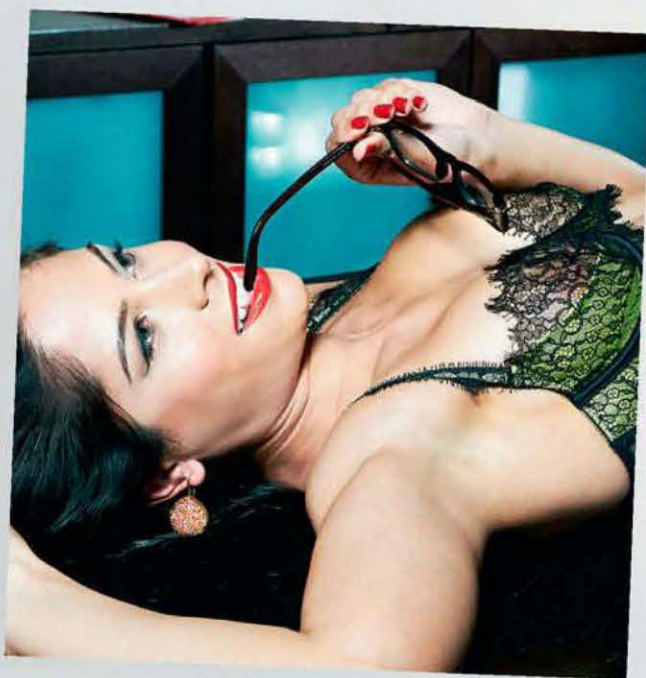
I feel a bit cheated, not by her, but by the experience. While I succeeded in having sex with two of my exes, that sex

was not of the fantasy-grade I had put so much time and effort into remembering over the last decade. I had thought that time apart would have led to more excitement. But the reality of sex with your exes is that they are exes for a reason and, however things ended, the sex is different as a result. "It's true that the sex is probably not as good as your adjusted recollection of it," says Wilson. "But one of the most important factors is a very simple one – you both got older."

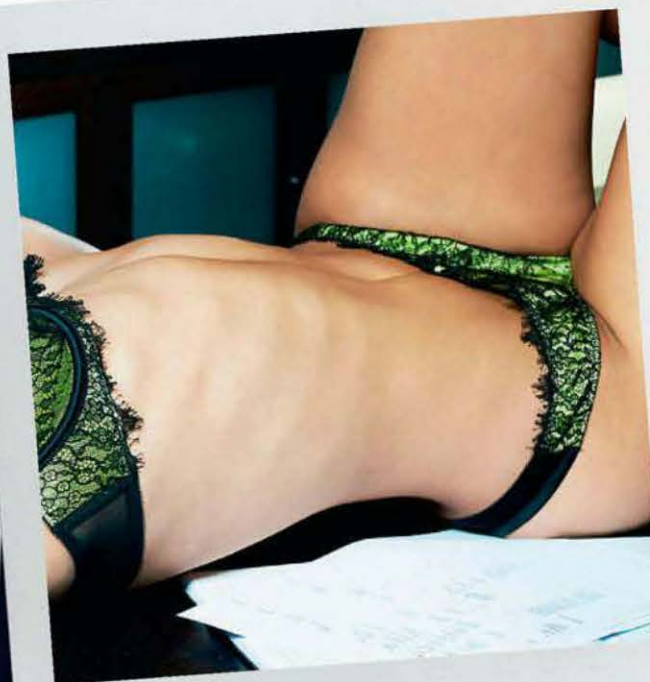
If you're willing to confront an older version of an ex then rekindling old flames works. It might be a facsimile of the past, rather than a recreation, and it's certainly easier than starting all over again with someone new.

It does have its dangers, though. Most of all that your ex could well become an ex-ex. No-strings this is not. Fewer-strings would be more accurate. Which is still preferable to full-strings, mind.

On the drive home I think about Fiona in her bobble hat again, this time contemplating the reality rather than further polishing my own picture. It was a decade ago but in my mind she hasn't aged at all. She exists in that moment on my old bedroom floor at university. If she does get back to me, I think I'm going to leave her there. 🍷



I had a great time!



Did you?



## A BRUSH WITH

# PERFECTION

A GROUP OF HANDPICKED *MEN'S HEALTH* READERS SPENT SIX MONTHS TESTING THE COLGATE PROCLINICAL A1500. WE CAUGHT UP WITH THEM AT LONDON'S KNIGHTSBRIDGE DENTAL CARE CLINIC. HERE'S WHAT THEY HAD TO SAY



**“M**y dentist couldn't believe the results,” smiles 18-year-old Nick Cliffe from West Byfleet, Surrey. “He was completely taken aback by the improvement in my teeth and gums over the last six months.”

Smiling is something Nick's been doing a lot more of recently – ever since he began testing the groundbreaking new Colgate® ProClinical® A1500 electric toothbrush for *MH*. A game-changing device, the ProClinical is the UK's first toothbrush with smart-sensor technology that automatically adjusts the speed and direction of your brush strokes.

“This is in an entirely different league to any toothbrush I've used before,” says *MH* subscriber and full-time student Cliffe. “It sounds weird, but my teeth actually *feel* cleaner. My breath is fresher for longer, and my confidence has improved no end.”

Packed with cutting-edge technology, the ProClinical A1500 toothbrush is a unique device. The brush adjusts to where it is held in your mouth, engaging different speed and motion settings to suit. Meanwhile, its sonic cleaning action delivers a mind-boggling 32,500 strokes per minute. This removes five times the amount of plaque along your gum-

line compared to a standard manual brush, for superior results you'll really feel.

Unsurprisingly, Nick and his dentist weren't the only ones left impressed after our six-month trial. Read the opinions of his fellow testers on the opposite page. But don't just take their words for it. Test out the Colgate ProClinical A1500 for yourself. An intelligent toothbrush that does all of the thinking for you? That's a no-brainer, surely.

The Colgate ProClinical A1500 is available from [colgateproclinical.co.uk](http://colgateproclinical.co.uk) and at Boots stores nationwide



**"My teeth feel dentist-clean on a daily basis. It's just superb"**

JAMES GREEN, 46, ENTREPRENEUR FROM WEST EALING, LONDON



**"I recently visited my dentist and he noticed a significant improvement in the quality and cleanliness of my teeth"**

NICK CLIFFE, 18, STUDENT FROM WEST BYFLEET, SURREY



## THE EXPERT OPINION

**Dental hygienist Marianne Skjoedt gives her professional verdict**

"The great thing about the ProClinical A1500 is that it automatically corrects the two biggest mistakes people make when cleaning their teeth: the inbuilt timer means you always brush for the recommended two minutes, while it also

ensures you're doing so at the optimal 45-degree angle to your gums."

Skjoedt is already seeing the improvement it's making for some of her patients. "It's a bit like having a personal dental hygienist," she says.



GO TO [MENSHEALTH.CO.UK/COLGATEA1500](https://www.menshealth.co.uk/colgatea1500) TO SEE A VIDEO OF OUR TESTERS' EXPERIENCES



### JAMES GREEN

The 46-year-old from London says, "My teeth feel dentist-clean every day. My friends don't believe I haven't had them whitened, and every so often I get random compliments from strangers. The results are fantastic!"



### JASON HILL

Fellow Londoner Hill, 37, says testing the Colgate ProClinical has been excellent fun. "Brushing with the new ProClinical toothbrush feel like a circus in your mouth every morning," laughs the native New Zealander.



### NICK CLIFFE

Surrey-based student Cliffe, 18, says he's seen a "variety of improvements" over the last six months. "My teeth feel a lot fresher, my breath has definitely improved and I'm just generally feeling a lot more confident."

# FUEL YOUR AMBITION

UK'S NUMBER ONE  
SPORTS NUTRITION BRAND

ORDER NOW AT [WWW.MYPROTEIN.COM](http://WWW.MYPROTEIN.COM)



Men's Health  
Exclusive Offer

- » Spend £30 & Save 5%  
use code **MHSUM5**
- » Spend £60 & Save 10%  
use code **MHSUM10**
- » Spend £100 & Save 15%  
use code **MHSUM15**

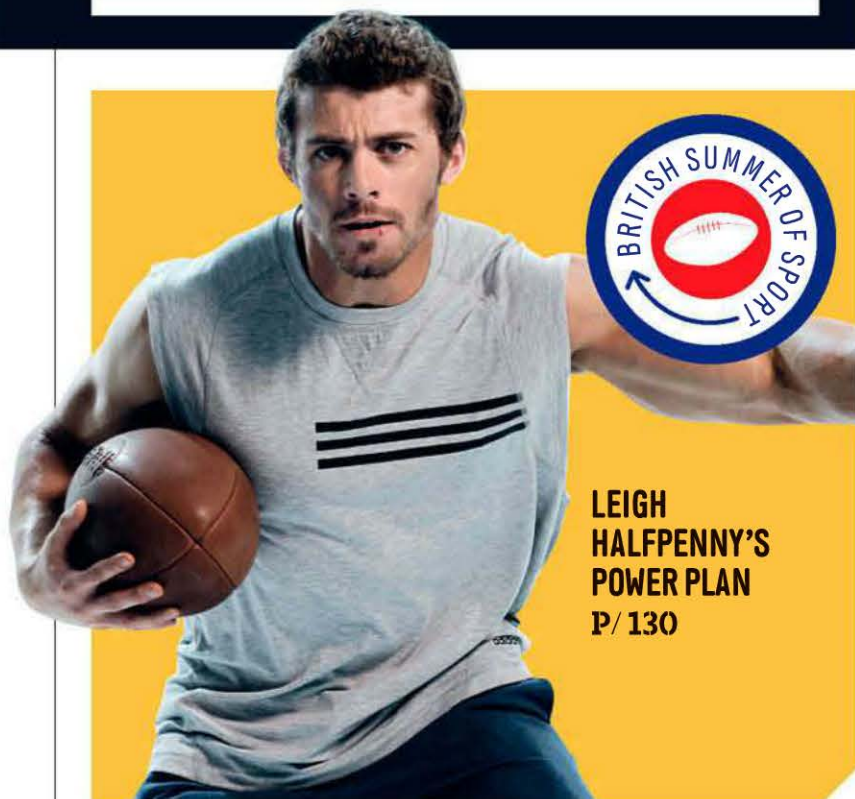
Spend over £50 and choose the free delivery option at the checkout.  
We withdraw the right to withdraw this promotion without further notice. Products should be used in conjunction with a healthy diet and training programme.

**MYPROTEIN™**  
FUEL YOUR AMBITION

# PERSONAL TRAINER

Because fit is the new rich

EDITED BY ALEX HARRIS



**LEIGH  
HALFPENNY'S  
POWER PLAN**  
P/130

**MH CHALLENGES YOU!**

P/141

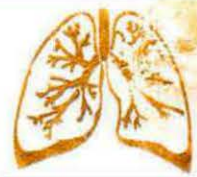


**EAT FAT,  
BURN FAT**  
P/135

**BEAT CARDIO  
MONOTONY**  
P/138

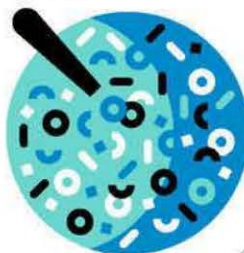


**BOOST YOUR LUNG  
POWER WITH FOOD**  
P/125



**GET A GYMNAST'S  
BODY IN ONE MOVE**  
P/137

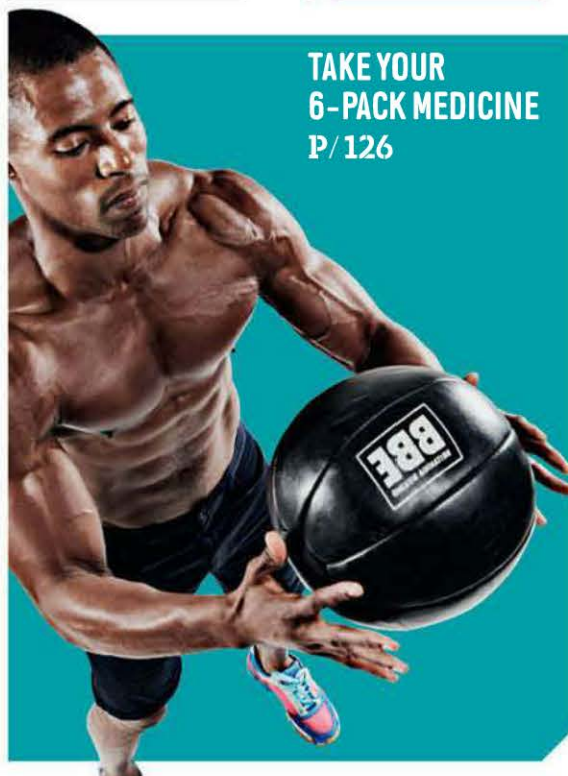
**WHY YOU *SHOULD*  
SNACK AT NIGHT**  
P/134



**SWAP YOUR  
TYRED  
WORKOUT**  
P/129



**TAKE YOUR  
6-PACK MEDICINE**  
P/126



# MAXIMUM STRENGTH FOR THE ULTIMATE BODY

Achieve your ultimate physique with the power of Xédra-Cut XT, with Capsimax™ and M-phR multi-phase absorption for **MAXIMUM RESULTS.**



**REAL PEOPLE. REAL RESULTS.**

TOM HIGGS, AGE: 35. Scan the QR code or visit [usn.co.uk](http://usn.co.uk) to discover success stories and body transformation results.

For optimal results, combine with a balanced, energy-controlled eating plan and regular exercise. Potential benefits\*



**TRUSTED. CONVENIENT. EFFECTIVE**

Available at

**GNC** LiveWell.

**TESCO**  
Every little helps.

**DW**  
SPORTS  
FITNESS

and selected

**HOLLAND & BARRETT**  
we're good for you

stores.

**W** [www.usn.co.uk](http://www.usn.co.uk)

**f** USN UK

**t** @USN\_UK

# INSIDER TRAINING

Everything you need to know – nothing you don't. *MH* consulted leading specialists in exercise and nutrition to answer your most pressing questions

## WHAT'S THE BEST NEW SUPPLEMENT?

### CORDYCEPS SINENSIS



**What is it?** An extract from a Chinese fungus (stay with us here...) that's shown to improve exercise endurance.  
**Why take it?** It's been linked to reduced fatigue, improving oxygen use in your cells and increasing the production of ATP – your muscles' source of energy. Translation: you'll be able to train harder for longer.  
**Where?** Reflex Nutrition £20 for 90 discount-supplements.co.uk

## WHAT'S THE QUICKEST WAY TO MAKE MY LOWER ABS VISIBLE?

### WATER

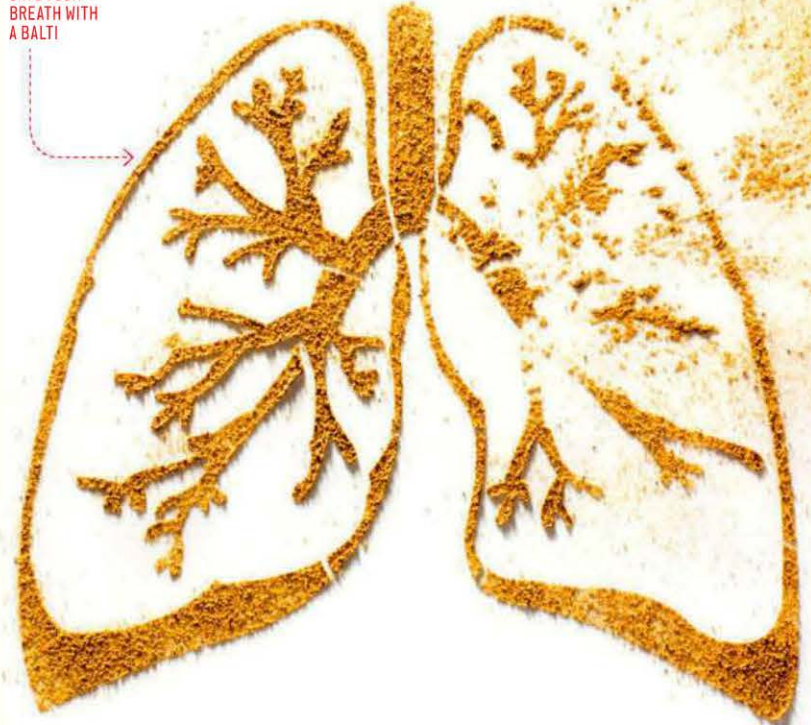
Increasing your water intake to 10 glasses a day flushes out the fluid retained around the lower part of your belly, helping rid you of that last stubborn bit of padding.

## DO I NEED TO REST WHEN MY MUSCLES FEEL SORE?

### YOU DON'T

"The short answer is no," says strength coach Dr Joseph Lightfoot. "Soreness is quite common and training aching muscles is a judgment call. Start with a short warm-up including mobility work and stretches, then assess how you feel. If your performance is hampered, take it easy, but light training can speed up recovery, so it's worth a try."

SAVE YOUR BREATH WITH A BALTI



## WHAT'S THE EASIEST WAY TO BOOST MY LUNG POWER?

### CURRY

Probably the tastiest fitness programme you'll ever undertake: eating a monthly curry improves lung function by a PB-busting 10%. In a Singapore study, ex-smokers who indulged every four weeks were able to take deeper, more efficient breaths. This is due to the antioxidants found in the spice turmeric, says study author Professor Ng Tze Pin. You'd best avoid any traditional 'hydration' if it's the night before your race, though.

## WHICH WILL GIVE ME T-SHIRT MUSCLE FASTER: PULL-UPS OR CHIN-UPS?

### CHIN-UPS

But it's about more than just biceps or back muscle, according to researchers at the University of Salford. Here are their findings:



**PULL-UP (OVERHAND GRIP)**  
 The pull-up better activates your lower traps – essential for that V-shape. It also targets your lats and deltoids to give your shoulders width.



**CHIN-UP (UNDERHAND GRIP)**  
 Although best known as a back exercise, the chin is actually one of the best bicep builders. What's more, it works your pecs for a bigger, chest. It's easier too.



**THE BREAKDOWN**  
 Though technically an inferior exercise compared to the pull-up, if you're just gunning for T-shirt muscle this summer, give the chin-ups a fighting chance.

## WHAT SHOULD I EAT BEFORE A BIG RUN?

### PROTEIN

"Branched-chain amino acids, found in protein, increase speed, endurance and recovery," says nutritionist Josie Beevers. Try one of these top sources...

#### FUEL SPEED RATING

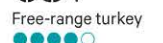
01\ Egg white



02\ Free-range chicken



03\ Free-range turkey



04\ Lean beef



05\ Wild salmon



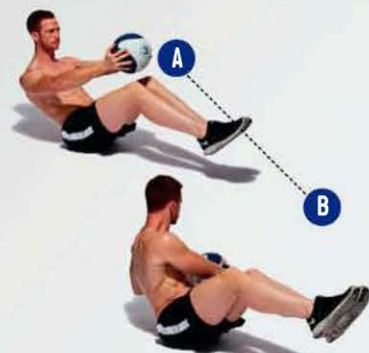
# THE WRECKING BALL

Watch any top-level fighter in training and you'll see the medicine ball being administered. "Its shape lets you exert both speed and force, increasing strength and agility," says pro MMA trainer Sean Keefe. Use these 10 moves to build a lean, fighter's physique – plus abs, minus the black eyes

## 01

### RUSSIAN TWIST / 12-20 REPS

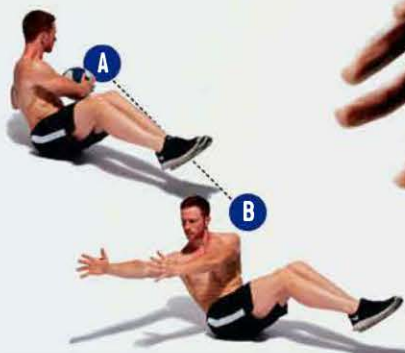
For an iron-curtain core, sit holding the med ball with your arms extended and feet off the floor (A). Quickly twist at the torso, turning from side to side (B); breathe out sharply with each rotation.   
 © This works your rotational plane to strengthen your turns and punches



## 02

### TWIST AND THROW / 6-8 REPS

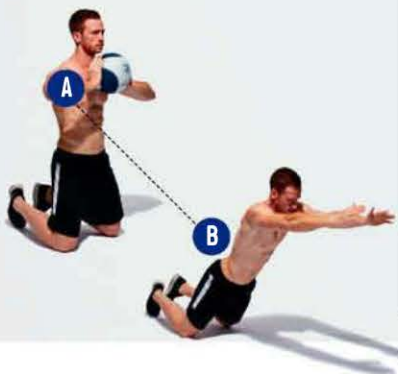
This is an explosive version of move #1 that builds serious power through your core. Perform as before (A), but twist hard enough to launch the ball across the room with each rotation (B).   
 © Keep each twist powerful to add width and definition to your obliques



## 03

### DIVE AND THROW / 8-10 REPS

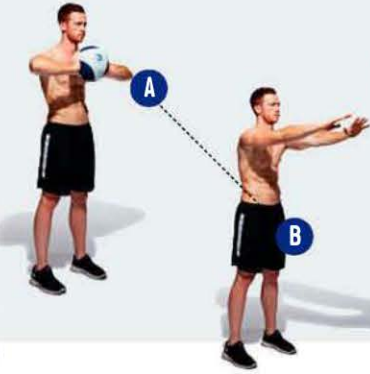
For some knockout punching power and a calorie-burning session to boot, kneel down and hold the ball to your chest (A). Now dive forward and throw the ball explosively in front of you (B).   
 © You're targeting your back, chest and core to develop functional muscle



## 04

### CHEST PASS / 10-12 REPS

You'll need a friend (or a wall if you don't have any mates) for this one. Simply hold the ball to your chest (A) and drive it forward, throwing it in front of you (B). Scoop it up and repeat quickly.   
 © Throwing moves build your triceps by activating the fast-twitch fibres



## MMA ABS

These explosive movements bulk up your six-pack and burn belly fat at the same time for a ring-ready physique

Sean Keefe, head of S&P gym and the UK's Strongest Athlete competition, 6 July. Apply online\*



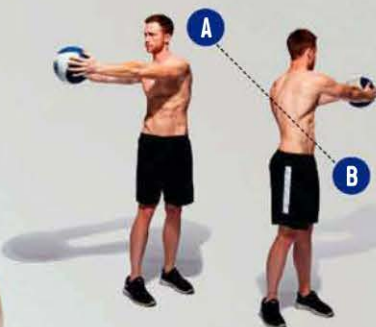


## 05

## STANDING ROTATION / 8-10 REPS

Hold the ball in front of you, arms fully extended (A). Twist, swinging it from right to left (B) to develop upper-body agility.

© Standing forces your glutes and lower back into action to support your weight

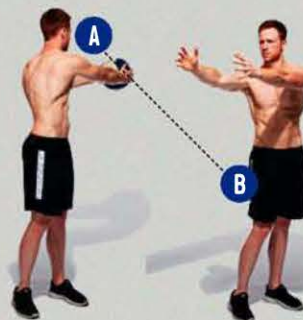


## 06

## WALL SLAM / 6-8 REPS

This will boost the speed at which you can turn during sport. Perform as with #5 (A), but throw the ball at the wall with force (B).

© If you play racquet sports, this will make your forehand terrifying

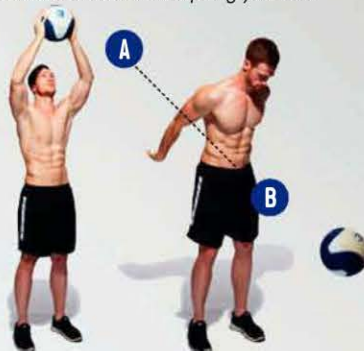


## 07

## FLOOR SLAM / 8-10 REPS

Stand holding the ball above your head (A). Eye up the floor and throw it down so it slams in front of your feet (B).

© Consider this a standing sit-up – only more effective for sculpting your abs

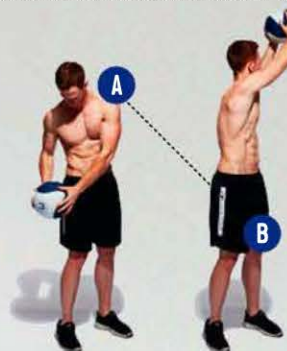


## 08

## WOODCHOP / 10-16 REPS

Time to blaze body fat. Hold the ball at your right hip (A), brace your core and explode it up to the left (B). Chop it back down.

© Roping in your shoulders, arms, hips, back and abs burns hundreds of kcals

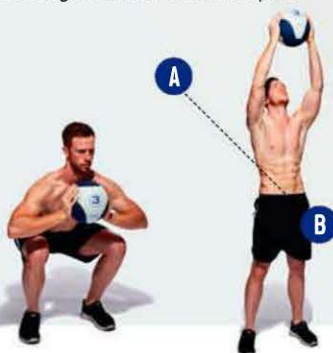


## 09

## SQUAT AND PRESS / 8-10 REPS

Build the power needed to get more air than Michael Jordan. Hold the ball, squat (A); explode up and press (B).

© This primes your posterior chain (back, glutes and hams) for sport



## 10

## JUMPING SLAM / 6-8 REPS

If you only do one move, make it this. You'll torch calories and hit your abs hard. Jump (A); slam the ball as you land (B).

© This teaches you to access more strength, faster. And it sounds great



## SPEC

## MUSCLES USED



## WORKOUT

15 MIN

## RESULTS IN

28 DAYS

## LEVEL

EASY

YOUR MEDICINAL  
PRESCRIPTION FOR  
A SUMMER 6-PACK

# READING THIS WON'T CHANGE A THING

But seeing how protein and exercise has changed the  
lives of 3 average guys in 12 weeks will.

We know seeing is believing. That's why we've documented our three average  
guys Dave, Oli and James throughout every week of The Protein Project.  
Now you can finally see the incredible difference protein, along with  
exercise and dedication, can make.



NOW IT'S **YOUR TURN** TO CHANGE

THE  
**PROTEIN  
PROJECT**  
• THIS CHANGES EVERYTHING •

HOLLAND & BARRETT

GNC LiveWell

 **maximuscle.com**

# THE LAWS OF EVOLUTION

Top body-transformation coach Tim Walker shares the 10 essential rules he's learnt from a decade of changing men's physiques – use them to transform your own in record time

## BUTTER

Melt 1tsp into your coffee for the perfect pre-workout fuel. Butter is high in CLA – a fatty acid which aids definition.

## STRONGMAN

The best training to accelerate muscle-building. Include heavy drags and power lifts in your regular sessions for thicker muscle faster.

## HAMMER YOUR FITNESS

If you can spare £30 for a sledhammer and are able to blag a tyre, hammer strikes are a fun substitute for dull cardio. It's very taxing on your cardiovascular system and burns thousands of calories. Simply pound the tyre and repeat until you're nailed.

SURVIVAL OF THE FITTEST: YOUR OLD PT IS EXTINCT

## TIM WALKER

Owner of Evolution of Man Fitness (eomfitness.com)



## MCT

If you want to add size while staying trim, memorise those three letters. Medium-chain triglycerides are the best fats for maintaining lean mass. Get them from coconut oil.

## DON'T ISOLATE

Training your whole body during each session triggers a greater release of bulk-building growth hormones.

## RIGHT WHEY

Whey is good. Grass-fed whey is in a league of its own. It contains more amino acids and is processed by your body quicker. My favourite is Vital Whey (£35 red23.co.uk).

## 30/50/20

Your new breakfast ratio for optimal health: 30% protein, 50% veg, 20% fats. I have three eggs, salad leaves, beetroot and either avocado or nuts.

## THE £0 HOME GYM

Ask your local pub for empty beer barrels and you have a great tool for overhead presses. Tyres can be taken from scrapyards and used for power clean and push movements. Outdoor metal stairs make great pull-up stations. No excuses.

## DO THE SPLITS

Alternate upper-body and lower-body moves – it pumps blood back and forth for a bigger fat burn. So squat, then switch to chin-ups and so on.

## STAMP!

Even with moves such as the bench-press, stamping down with your heels will instantly give you more strength.

# ROAR POWER

Leigh Halfpenny, the 2013 Lions squad's most valuable player, shares his plan for adding muscle without losing pace. Use it to become head of your own pride



Aside from being the 5ft10 reason your girlfriend agrees to watch the rugby with you, Halfpenny is a physical specimen almost beyond measure. His ability to shift with such speed and power despite his huge build is jaw dropping. All this is especially impressive considering he isn't naturally predisposed to carrying muscle.

"I was small growing up, in terms of stature and shape," says Halfpenny. "Playing rugby had always been my dream, so I realised I *had* to bulk up to be taken seriously. It wasn't easy. For years nothing happened. But eventually, advice from the coaches and nutritionists helped me grow." And grow he did: Halfpenny now weighs in at 83kg and hits opposing players with a path-clearing force near one tonne.

But, as he looks over the photographer's shoulder in an East London studio, assessing the photos you see here, he's markedly unimpressed with his own physique. "That's OK," he mumbles after a lingering stare. It offers an insight into the perfectionist's mindset that's driven him to reach the level at which he now performs.

Despite his own doubts, Halfpenny's physique is impressive and imposing in equal measure. But if you want to move like an athlete, size isn't everything. In fact, being too bulky can hinder

your performance and slow you down. "We add plyometric moves after our strength work so we never lose a yard of pace," says Halfpenny. This ensures every last fibre of the new muscle you're building is powerful and agile.

Halfpenny targets opposing body parts with supersets, so each session is intense – burning the fat stored around your abs in the process. His plan covers both speed and size; follow it for six weeks and you can start taking the lion's share of glory in your sport. Or at least recapture your girlfriend's gaze.

## SIX WEEKS TO A NEW BODY

### THE GOAL

Elite-level strength work, hypertrophy (muscle-building) and speed training will cover all bases: you'll add 4kg of powerful muscle and build a six-pack in just over a month.

### THE METHOD

Follow the instructions for each workout to the letter. Change the days to suit your calendar, but always rest for at least 24 hours after each workout. Lift very heavy but with good form.



## MUSCLE & AGILITY

Strength and plyometric moves give you bulk that moves at speed

Leigh Halfpenny, Full Back for British & Irish Lions, Wales and Cardiff Blues



## MONDAY TACKLE-SMASHING TORSO

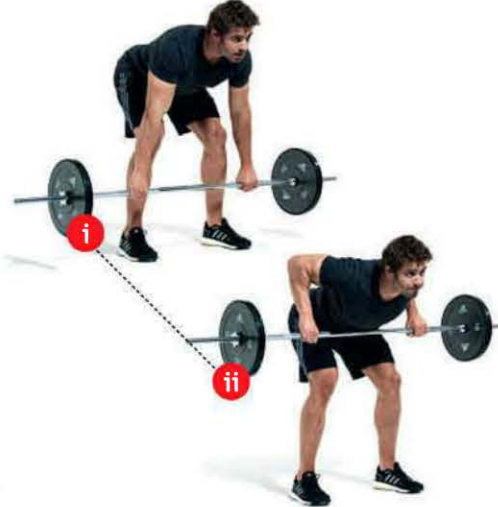
Build size and definition in your upper body. When performing the two supersets below, move from A to B with no rest, then rest 1min. Repeat each superset 5 times

BULK UP FOR MORE POUNDS TO THE PENNY



### A INCLINE DUMBBELL PRESS / 5 REPS

Like the Kardashians, your chest is bottom heavy. Filling out your upper pecs will give you impressive definition and more power when pushing – whether on the pitch or in the weights room. Lie on an incline bench holding two heavy dumbbells (i). Exhale and press explosively (ii). Now grab a barbell.



### B BENT-OVER ROW / 5 REPS

If you're sick of being muscled off the ball during Sunday league games, this is the move for you. Bend to pick up the bar; your back should be just above parallel to the floor (i). Lift the bar to your hips, drawing your shoulder blades back and together (ii). Rest 1min then go back to A.



### A BENCH PRESS / 5 REPS

This staple move is only worth doing if you're willing to go heavy and hard, flooding your body with growth hormone. On a flat bench, un-rack a heavy bar and lower to your sternum (i). Exhale and drive the bar up (ii) to build match-winning strength through your chest and arms.



### B SINGLE-ARM ROW / 5 REPS

This will make struggling with heavy furniture a thing of the past. Rest on a bench, holding a heavy dumbbell. Draw it to your torso; pull your shoulder back at the top (i). Lower with control (ii). Complete 5 reps with one arm, then switch. Rest 1min before repeating the superset – and plan your next Ikea trip.

SPEC

MUSCLES USED



WORKOUT

20 MIN

RESULTS IN

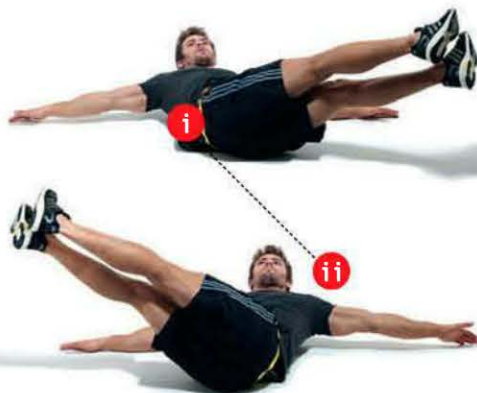
42 DAYS

LEVEL

MED

## WEDNESDAY RUCK-HARD ABS

"Your core holds the key to gaining more power and control when running," says Halfpenny, who hasn't missed a Championship tackle in over two years. This is his circuit for a solid and stable six-pack. Rest for 40sec between exercises



### A SIDE-TO-SIDE / 3 SETS OF 12 REPS

Your ability to change direction is dictated by your core strength and hip mobility. This exercise will have you moving like Messi. Lie on your back with your feet together, arms out to the sides. Now raise your legs up off the floor so you create a 90-degree angle. From here, swing your legs to the left (i) stopping just before they touch the floor, then to the right (ii).



### B PLANK / 2 SETS OF 60SEC

For abs tougher than Kevlar, you need to create some tension in the room. Isometric tension, to be exact. Rest on your toes and forearms with your legs straight, and retract your stomach. Now tense the life out of your abs, taking slow, controlled breaths. Hold still for a minute, without dropping your hips, then repeat. You'll bounce out of tackles in no time.



### C SIDE PLANK / 2 SETS OF 60SEC EACH SIDE

Halfpenny's abs are flanked by solid obliques, but they're not just there for decoration – these are responsible for twisting the torso. Honing yours will turn you into a duck-and-weave athlete who's impossible to catch. Rest on your right forearm, tense your middle and lift off the floor; keep your legs straight. Now repeat on the left side.



### D MED-BALL ROTATION / 3 SETS OF 15 REPS

If your abs currently give you as much drive as a Mini Metro stuck in mud, this move will turn them into a turbocharged Land Rover. Hold a heavy medicine ball with your arms extended. Engage your core and swing your torso to the left (i), then right (ii). Keep your arms straight and resist momentum. You could start calling your abs a V-8 pack.



# BASIC TRAINING

All the core info you need for pro athleticism and size

## YOUR PROGRAMME

Tackle each workout on an individual day. Rest for at least one day in between each session. Repeat this cycle for six weeks



**MONDAY**  
Upper body



**WEDNESDAY**  
Core



**FRIDAY**  
Lower body

## FOOD RULES

- 01** / Your daily protein intake should be near 2g per kg of bodyweight to facilitate muscle growth
- 02** / Carbs should near 270g on training days. This will keep your glycogen stores topped up for power
- 03** / Cut your carb intake to 190g on non-training days to ensure you burn out your abs
- 04** / Eat 'good' fats with every meal, from sources such as avocados, nuts and oily fish
- 05** / Aim for 3,000-5,000kcal a day depending on your build, age and level of activity

## SUPPLEMENTS



### MORNING

Fish oil; green tea tablets

### PRE-WORKOUT

BCAAs

### POST-WORKOUT

Protein shake

### BEFORE BED

ZMA; fish oil; protein shake

## CHEAT TO WIN

"If you're training this hard, you need to unwind," says Leigh. Here are his favourite vices



Large Domino's  
Mighty Meaty pizza



5 pints of lager



Chinese takeaway

**CARBS**  
**167g**

**PROTEIN**  
**52g**

**TOTAL**  
**KCAL**  
**4,000**



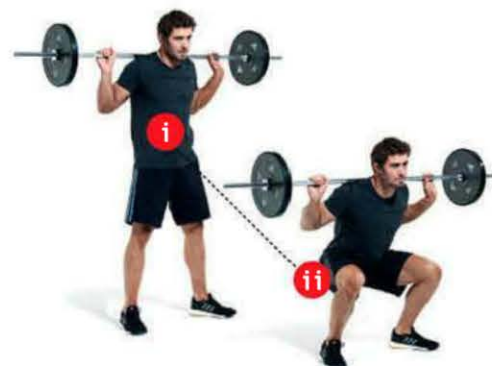
**BEFORE**  
79KG



**AFTER**  
83KG

## FRIDAY LINE-BREAK LEGS

Speed to rugby-pro strength and pace by repeating this superset 5 times. "We shift up to 200kg," says Halfpenny. Easy...



## A BARBELL SQUAT / 5 REPS

The first component is sheer force, which will help you drive through mauls and shopping queues alike. Load up a barbell as heavy as you can manage for 5 solid reps. Holding it across your shoulders (i), push your hips back and sink into a deep squat (ii). Keep your core braced and drive back up through your heels. That burn is your quads growing.



## B BOX JUMP / 5 REPS

Now you're going to develop the explosive power that'll turn you into the most lethal man on the pitch. Bend your knees (i), tense your hams, glutes and abs and jump onto the box (ii). Stick the landing and hop off. Aim for 5, but even 3 is respectable. That's 1 set down. Rest and recovery? We hear there's a rugby tournament that needs watching. **10**

CUT OUT AND KEEP

PUT YOUR FULL-BACK INTO IT FOR LEONINE AGILITY

# GAINER'S DIGEST

This breakfast shake will ensure every last nutrient bypasses your belly and goes straight to your muscles. Down this smoothie first thing to enhance digestion and squeeze all the growth from everything you eat for the rest of the day

## 01 / ENERGISING HONEY

As good for gym-goers as it is for cartoon bears, honey brings insulin-regulating properties to the picnic, turning calories into muscle. It also balances your stomach bacteria – dollop in about a tablespoon.

## 02 / FAT-FLUSHING FIBRE

An apple a day keeps the saddle bags at bay by speeding absorption and flushing out blood lipids. Throw in 2tsp apple fibre (£5 for 250g [trecnutrition.com](http://trecnutrition.com)).

## 03 / GUT-SOOTHING GINGER

This anti-inflammatory spice will root out irritants, protecting your bowel from the additives in processed foods. One grated tsp will keep your metabolism high too.

## 04 / ALKALISING LIME JUICE

Squeezing 2-3 limes into the mix will trigger your stomach to secrete more digestion-friendly fluids. It also raises your blood alkalinity, which is a vital tool for muscle growth.

## 05 / CALORIE-BURNING BERRIES

You'll have heard us extolling the virtues of the blueberry before, so we'll spare you the spiel. OK, since you ask, its fibre has been found to reduce fat storage.

## 06 / AND THE SECRET INGREDIENT...

Kefir, a fermented milk available in most supermarkets, is the true star of this show. It's a probiotic which helps your stomach convert calories into muscle fuel. Throw all the ingredients in a blender, add a few cubes of ice and a banana for thickness, then blitz. Drink, eat, succeed.

## DRINK & GROW

Better digestive health ensures more calories become muscle, not fat

Concocted by Alex Ferentinos, nutrition consultant to athletes and trainers



SHAKE UP YOUR NUTRITION TO BLITZ BELLY FAT



## MIDDLE-OFF MATHS

Because crunching numbers is easier than abs. Use this formula to drop 10kg with zero-point-zero effort

### 01 \ HEAVY BASELINE

According to Dr Kevin Hall, who researches metabolic issues, once you've found your calorie 'baseline', fat loss is easy. His calculator ([bwsimulator.niddk.nih.gov](http://bwsimulator.niddk.nih.gov)) factors in age, activity and habits. We cast you as 90kg, with a desk job, working out once a week. Your base is 3,048 calories a day. Now for the subtraction...

### 02 \ MAKING THE CUT

Dr Hall's research shows losing 10kg in 20 weeks without any extra exercise requires a daily deficit of a meagre 656 calories. That means reducing your portions by a third (or skipping that cheeseburger). You're now down to 2,392, which is more than enough to satisfy you with space for strategic indulgence).

### 03 \ GAUGE YOUR BURN

Use calorie-counting tools on exercise trackers such as the Nike+ FuelBand to find out how hard you *really* train, says exercise scientist and nutritionist Brian Zehetner. If you'd rather create your deficit through exercise, aim to burn 656 calories per day. Research shows hitting your unique figure will keep your metabolism spiked for 22 hours. It brings a whole new meaning to the word 'mathlete'.

## EAT FAT, BURN FAT

The low-fat fad is over – eat the right kind and it'll actually make you leaner. Try one of these blubber-beating rye-cracker recipes

#### CALIFORNIAN

**Roast turkey, sliced cheese, avocado**  
Avocados contain oleic acid: a fat that boosts your satiety levels, say University of California Irvine researchers. Eat it before bed to burn calories overnight, and you'll also get a hit of turkey's sleep-inducing nutrient tryptophan.

#### SWEDISH

**Cream cheese, salmon, capers, lemon juice**  
Monounsaturated fats are essential for losing those inches around your middle due to their high impact on your resting metabolic rate. Salmon is absolutely loaded with the stuff, so tuck in at breakfast to burn fat all day.

#### ITALIAN

**Pesto, mozzarella, roasted peppers**  
Mozzarella packs in 220mg of calcium per 25g: a crucial mineral for weight loss and immunity, found the *American Journal of Clinical Nutrition*. Make this your 4pm snack.

#### DELI

**Boiled eggs mashed with mayo, dill pickle, ham, black pepper**  
Egg fats lead to higher levels of the hormone PYY3-36, responsible for the full feeling that keeps your hand out of the crisp packet. Enjoy as a post-gym recovery treat.

## SHOULD I SNACK BEFORE I SLEEP?

Nervous about eating before bed? Here's what science has to say about the accepted 'you'll get fat' wisdom



### YOU'LL BUILD MUSCLE FASTER

Eating casein in the evening increases protein absorption, found *Medicine & Science in Sports & Exercise*. Get your nightly dose from half a pint of whole milk to turn kcals into abs instead.



### YOUR METABOLISM WILL INCREASE

Enjoy a nighttime snack consisting of protein and carbs and you'll wake with a faster metabolism, found Florida State University. A steak sandwich is ideal. A complementary beer less so. Sorry.



### YOU'LL SNACK LESS TOMORROW

Eating before bed reduces your desire to munch between meals the next day, says Dr Michael Ormsbee, an obesity researcher. Add lettuce to that steak sarnie: it prolongs your REM time.



### YOUR BODY FAT WILL GO DOWN

A bowl of cereal before bed helps you lose weight by preventing late-night binges, say scientists at Wayne State University. Just not with sugar – think Bran Flakes, not Frosties.

I DON'T  
REMEMBER  
WHAT WEAKNESS  
FEELS LIKE

**BODY  
BUILDING.COM**  
Information. Motivation. Supplementation.

**ON**  
NUTRITION

**MP**  
MUSCLEPHARM

**MUSCLETECH**

+ HUNDREDS MORE

FREE WORKOUT PROGRAMS /// VIDEOS & ARTICLES /// NUTRITION PLANS /// + MUCH MORE

## SHOWBOAT #2: THE MUSCLE-UP

# ABOVE AND BEYOND

The muscle-up fuses a pull-up with a dip to create a gravity-defying display of shoulder and core stability. Use it to achieve a gymnast's strength and muscle

Few moves impress more than those that involve hoisting your whole body, whether on a bar or the rings. "The muscle-up is more about core strength than anything else," says gymnast Alex Jerrom. "Your shoulders do the transitional work, which is the trickiest part, but your abs control the movement." Use Jerrom's three-part guide to nail this gym-floor show-stopper.

## 01

### FORCE GRIP

Like sunshine in Britain, this takes some getting used to. Grab the chin-up bar or rings with an overhand grip – keeping your thumbs on top with the rest of your fingers will help with the progression into the dip. Practise with regular pull-ups first to build your grip strength.

THREE MOVES TO  
MAKE YOU LORD  
OF THE RINGS

## 02

### ON THE PULL

To lift, first swing your body, then pull up so your shoulders are above your hands, elbows bent. Rotate at the shoulders to bring the rings behind you. Build the strength needed for this movement by holding the plank position and shifting back and forth using your shoulders.



## 03

### THE SWITCH

Lean forward, then push down with your arms into the dip. You can train for the rigidity required to perform this move with dish holds: lie on your back and tense your abs, keeping your limbs off the floor. Emulate this dish position during the move. Now, about Rio 2016...

**GYMNASTIC  
DEFINITION**  
Develop your torso, abs  
and arms in one move

Alex Jerrom, professional gymnast,  
stuntman and personal trainer



SPEC

MUSCLES USED



WORKOUT

10  
MIN

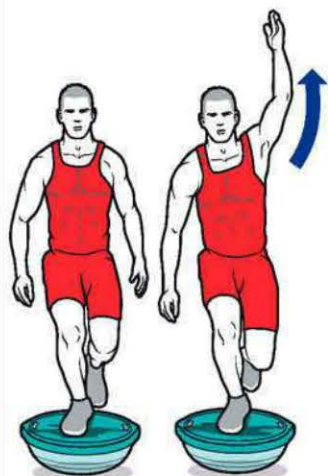
RESULTS IN

32  
DAYS

LEVEL  
HARD

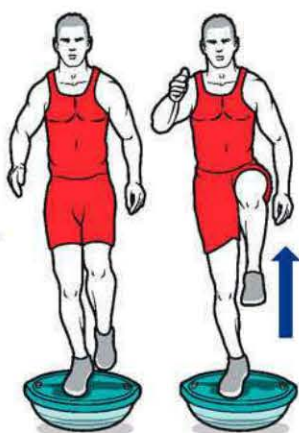
# THE BALANCE OF POWER

Use these stability drills to turn your cycling performance into a tour de force. They'll strengthen your ankles and core power



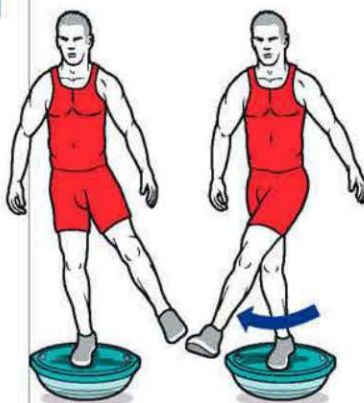
## 01 SINGLE-LEG KNEE FLEXION / 3 PER LEG

Get ready to become Chris Froome on speed. Stand on a Bosu with your left leg behind you, knee bent. Sink and raise your left arm to counterbalance. Repeat on the right for a Giro-dominating core.



## 02 RUNNER'S POSE / 10 PER LEG

Stay on the Bosu and raise your left leg, knee bent so your thigh is parallel to the floor. Now lift up your right arm with the elbow bent as if you're sprinting. Hold this position for 8sec, for ankles of rock.



## 03 CROSS-BODY LEG SWING / 10 PER LEG

This will build mobility, balance and power. Raise your left leg to the side, keeping it straight. Now swing it over to the right, pointing your toes. Return and switch legs 10 times. Perform this PB-smashing circuit three times a week.

# RISE OF THE MACHINES

Gym monotony be damned. Beef up your intervals with these tips from PT Joe Dowdell



## THE ELLIPTICAL

Keep the resistance high, so it feels like you're really pushing the ramp down, and brace your abs to give your core a workout too.



## THE TREADMILL

Set the incline at 1.5%. Increase the intensity by tensing your glutes and you'll burn twice as much fat in every session.



## THE ROWER

Your legs should be the primary movers. Exhale sharply as you explode backward to force your core muscles into action, searing belly fat.



## THE BIKE

During the high-intensity bursts, stand up and increase the resistance. This works your whole body, releasing a flood of testosterone and helping you get fitter faster.



## ENERGY EFFICIENT

**Puma Mobium £85, [puma.com](http://puma.com)**  
A new midsole construct allows the trainer to expand and contract based on the movement of your foot for a natural, more efficient mid-foot strike. Put less effort in, get more speed back.

# FASTER IN 60 SECONDS

The latest quick-fire research for an unfair advantage in speed and fitness



## SOUP UP YOUR ENGINE

You new race-day fuel: chicken broth. The salt encourages water retention so you'll stay hydrated for longer during your event.  
**Iowa State University**

## SPEC

MUSCLES  
USED



WORKOUT

10  
MIN

RESULTS IN

10  
DAYS

LEVEL

MED

# BE A SPEED DEMON

Shave minutes off your daily commute with light-weight running kit, selected by the experts at *Runner's World*

## PACKING LIGHT

**Terra Nova Laser 20 Backpack**  
£70 [terra-nova.co.uk](http://terra-nova.co.uk)

At a mere 328g, this bag is made for comfort on the run, with a body-hugging design and different strapping options. Losing grams means cutting precious seconds.

## DRY AND MIGHTY

**Canterbury Mercury Zip**  
£50 [canterbury.com](http://canterbury.com)

This super-lightweight top contains antimicrobials so you don't smell like you've just run an ultra when you arrive at work, and a rainproof watch cover.

## RUNNERS' SATNAV

VIA app £1.99 iTunes

This app plots your quickest route, then delivers real-time audio directions so you don't have to stop to look at the map. It also feeds you your stats.

## VIRTUAL PACER

**Garmin Forerunner 10**  
£99 [wiggles.co.uk](http://wiggles.co.uk)

Bannister had Brasher to push him under the four-minute mile. You have the beep of Garmin's GPS-enabled pacer to alert you when you fall below goal pace.

## NO FALLOUT

**Yurbuds Pro** £60 [sweatshop.co.uk](http://sweatshop.co.uk)

Designed by athletes, these earphones are the Ryan Giggs of music tech: they endure without losing form. So no time wasted fumbling around putting them back into your ears.



## POP THESE FOR POWER

Betaine is good for more than building biceps. Researchers found taking this supp helps you cycle harder due to improved lactate control.  
**Ithica College**



## TOE THE FINISH LINE

The secret to better sporting performance? Strong toes. To work yours, stand on a folded sheet of paper and flex until it crushes.  
**Strength & Conditioning**

## REMINDER!

Men's Health Survival of the Fittest entries are now open. Book early so you don't miss out. We'll see you at the start line

**29<sup>TH</sup>**  
SEPTEMBER  
CARDIFF

**12<sup>TH</sup>**  
OCTOBER  
NOTTINGHAM

**20<sup>TH</sup>**  
OCTOBER  
EDINBURGH

**2<sup>ND</sup>**  
NOVEMBER  
MANCHESTER

**16<sup>TH</sup>**  
NOVEMBER  
LONDON

# MENSHEALTH.CO.UK



CORE MUSCLE SERIES

# PREMIUM QUALITY PROTEIN SPORTS SHAKE

Achieve your greatest physique with the ultimate combination of Protein & Oats,  
a high protein oat drink to support **MUSCLE GROWTH & MAINTENANCE**.



**REAL PEOPLE. REAL RESULTS.**

JON GETTY. Scan the QR code or visit [usn.co.uk](http://usn.co.uk) to discover success stories and body transformation results.

For optimal results, combine with a balanced, energy-controlled eating plan and regular exercise. Potential benefits\*



**TRUSTED. CONVENIENT. EFFECTIVE**

Available at **Muscle Finesse** **Discount Supplements** and selected **TROPICANA FITNESS** stores.

[www.usn.co.uk](http://www.usn.co.uk) [f USN UK](https://www.facebook.com/USN_UK) [@USN\\_UK](https://twitter.com/USN_UK)

## YOUR HOMEWORK ASSIGNMENT

Grade your training with June's bodyweight tests. Upload a video to [facebook.com/menshealthuk](https://www.facebook.com/menshealthuk) for your chance to win a month's supply of supplements

CUT OUT AND KEEP



7<sup>TH</sup>-9<sup>TH</sup>  
WEEKEND 01  
ENDURANCE  
TEST

CAN YOU COMPLETE 80  
PRESS-UPS IN 3 MINUTES?



This sounds a lot easier than it is. You essentially need to perform 27 press-ups per minute. Break them down into chunks or just try to do the whole lot at once – we'll leave it up to you.

**PERFECT FORM**  
Keep your hips up to make sure your body is straight from shoulders to toes.

14<sup>TH</sup>-16<sup>TH</sup>  
WEEKEND 02  
POWER  
TEST

CAN YOU DO 50 JUMP  
SQUATS IN 2 MINUTES?



You'll probably start strong and finish all over the place with this one. Jump squats are renowned for having a cliff-like drop-off point: one minute they're a breeze, the next, you're horizontal.

**PERFECT FORM**  
Drop your hamstrings almost to your calves, then take off at least 6in from the floor.

21<sup>ST</sup>-23<sup>RD</sup>  
WEEKEND 03  
CARDIO  
TEST

CAN YOU DO 40 SQUAT  
THRUSTS IN 1 MINUTE?



This one's all about speed: engage your core and glutes to control the lateral movements backward and forward. You'll need a towel at hand today. Don't expect to look good in your video.

**PERFECT FORM**  
Spring your legs back, tense, then kick them forward without dropping at the hips.

28<sup>TH</sup>-30<sup>TH</sup>  
WEEKEND 04  
STRENGTH  
TEST

CAN YOU PERFORM 20  
NO-REST CLAP PRESS-UPS?



Ever tried clap press-ups? Well, how about 20 on the trot? This is a true marker of explosive strength in your upper body. Performing 20 a few times a week will see dramatic improvements.

**PERFECT FORM**  
As your chest nears the floor, launch upward and clap under your chin.

Men'sHealth  
SURVIVAL  
of the FITTEST

NIGHT  
Y

# LONDON CA

GET INVOLVED IN THIS YEAR'S MEN'S HEALTH SURVIVAL OF THE FITTEST ADVENTURE RACE SERIES WHICH FINISHES UP IN LONDON WITH AN EXHILARATING NIGHT RACE THROUGH BATTERSEA POWER STATION



OFFICIAL PARTNERS

TISSOT  
SWISS WATCHES SINCE 1853

Asahi

RAT RACE  
ADVENTURE SPORTS

SIGN UP

# LLING

**L**ondon Night. In its second year, and open for entries now, this night-time adventure on 16 November will shine floodlights onto your endeavours, surprise you at every turn, and have you screaming for more! Tearing through the darkness in the London Night edition of Survival will have you testing your limits of grip and sinew, senses and staying power,

as you batter your way round the 15+ obstacles on the spectacular 5k course, in the blistering company of thousands of other warriors of the night. With a course wrapped round and through the colossal Battersea Power Station, this is an event on an industrial scale, and part of the UK's biggest Adventure Race Series. With expertly built obstacles engaging you every few hundred metres, you'll haul yourself over metal, timber, rubber and ice – plough through water, mud and physical

extremes. You will conquer this in deepest darkest London, and with true spirit, knowing that you are all in it together.

Starting in mini mass-start waves from 5pm gives you a clear run at the obstacles and space to turn to the cheering crowds. Fast-forward to the finish with the mega Asahi beer tent and you'll be wearing the T-shirt, sporting a Tissot race time, beaming at the finish camera with medal aloft, proving that you've got what it takes to Survive among the Fittest! Enter before the end of June and you'll nail the Early Bird at £50pp.

## SIGN UP NOW!



## LONDON NIGHT RACE FROM £40

WHEN YOU ENTER A TEAM OF 10

## SUBSCRIBERS SAVE £10 OFF SOLO ENTRY FEE

### WHAT DO YOU GET?

- Special edition Tech Tee
- Professional electronic timing
- Spectacular city centre event villages
- Finisher's medal
- Premium goody bag
- Music, live MC
- Food & drink stalls and kids activities
- On-site beer tent

ENTER NOW: [MHSURVIVAL.CO.UK](http://MHSURVIVAL.CO.UK)



AT [MHSURVIVAL.CO.UK](http://MHSURVIVAL.CO.UK)

| DATES

CARDIFF 29 SEPTEMBER  
NOTTINGHAM 12 OCTOBER  
EDINBURGH 20 OCTOBER  
MANCHESTER 2 NOVEMBER  
LONDON 16 NOVEMBER

[FACEBOOK.COM/MHSURVIVAL](https://www.facebook.com/mhsurvival)  
[@MH\\_SURVIVAL](https://twitter.com/mh_survival)

# FUEL THE FIGHT!

GREG PLITT  
MET-Rx® ATHLETE

With a complete range of high quality products, MET-Rx® can assist you in creating an effective nutritional program that fits your lifestyle so you can shape your body for optimum health. With today's hectic lifestyles, even those of us with the best intentions often find ourselves sacrificing good nutrition and regular exercise.

With MET-Rx® that doesn't have to happen. MET-Rx® is the answer to getting into the best shape of your life.



**MET-Rx®**  
Shaping Every Body.

Follow us at:



@METRx\_UK



facebook.com/METRx.UK

For more information call 01283 492819. MET-Rx® is available nationwide at all good health food stores and online at [www.metrx.co.uk](http://www.metrx.co.uk)

# WORKOUT DIARY

Track your progress this month by noting down your rep counts for each of the workouts in this issue. Then try to improve them each week

## SCULPT SIX-PACK ABS THE WRECKING BALL / P126

BOUNCE BACK  
FROM FAT  
AT HOME



MOVE (Select your own)	WEEK 01			WEEK 02			WEEK 03			WEEK 04		
	Set 01	Set 02	Set 03	Set 01	Set 02	Set 03	Set 01	Set 02	Set 03	Set 01	Set 02	Set 03

## ACHIEVE FORCE AT SPEED ROAR POWER / P130



HALFPENNY'S  
DOUBLE-TIME  
SPEED PLAN

MOVE	WEEK 01					WEEK 02					WEEK 03					WEEK 04				
	S/01	S/02	S/03	S/04	S/05	S/01	S/02	S/03	S/04	S/05	S/01	S/02	S/03	S/04	S/05	S/01	S/02	S/03	S/04	S/05
Dumbbell press																				
Bent-over row																				
Bench press																				
Single-arm row																				
Side-to-side				X	X				X	X				X	X				X	X
Plank			X	X	X			X	X	X			X	X	X			X	X	X
Side plank			X	X	X			X	X	X			X	X	X			X	X	X
Med-ball rotation				X	X				X	X				X	X				X	X
Barbell squat																				
Box jump																				

## BUILD GYMNASTIC STRENGTH ABOVE AND BEYOND / P137

GO ON THE  
PULL FOR  
OLYMPIC MUSCLE



MOVE	WEEK 01			WEEK 02			WEEK 03			WEEK 04		
	Set 01	Set 02	Set 03	Set 01	Set 02	Set 03	Set 01	Set 02	Set 03	Set 01	Set 02	Set 03
Pull-up												
Dish hold												
Plank lateral shifts												



WE'RE ALL MORE  
THAN MUSCLE

WE'RE <sup>FOR</sup>  
SHORTIES, BALLERS,  
MARATHONERS,  
SHREDDERS, ADVENTURERS,  
MOMS & DADS

BECAUSE THERE'S SO MUCH MORE  
TO EACH AND EVERY  
ONE OF US

VISIT US AT [NATURESBESTEU.COM](http://NATURESBESTEU.COM)

MEET THE MAN BEHIND  
THE MUSCLE  
AT [FACEBOOK.COM/ISOPURE](http://FACEBOOK.COM/ISOPURE)

MONSTER SUPPLEMENTS  
ORDER HOTLINE: 0844 745 1345  
VISIT [MONSTERSUPPLEMENTS.COM](http://MONSTERSUPPLEMENTS.COM)



## IN THIS SECTION

147 **TEST YOUR METAL**

The essential kitchen armoury for healthier foods

151 **FISH IN FIFTEEN**

Ditch ready meals for *MH*'s nutrient-packed fish parcels

153 **KITCHEN CHEATS**

Make a steamer and save yourself £30 on protein snacks

154 **SUPERSIZE/DOWNSIZE**

Cook mussels for muscles with this time-saving 15-minute meal



# FUEL

YOUR PEAK PERFORMANCE ON A PLATE

EDITED BY MARK SANSON

HEALTH'S KITCHEN

# PRIME SUSPECT

THE MOTIVE? SAVING MONEY AND NUTRIENTS.  
THE WEAPONS? STEP THIS WAY...



## THE SLICE AND SAVER MEAT CLEAVER

Nutrition 101: never buy chicken breasts. By butchering your own bird you'll benefit from the extra iron, glutamine and B vitamins in the parts that *don't* come pre-packaged in Tesco. As well as the extra weight, you'll be saving £5.50 on plastic-wrapped breasts and you'll be ready for a *Crocodile Dundee* knife showdown at a moment's notice.

**Cleaver £57** [weschenfelder.co.uk](http://weschenfelder.co.uk)

SAVE £20  
A WEEK ON  
CHICKEN  
BREASTS!

# FUEL HEALTH'S KITCHEN

MINCE MEAT  
WITHOUT THE  
CHICKEN  
FEET!



## FINEST\* MINCE CAST IRON GRINDER

Arriving at a friend's barbecue with a couple of dozen homemade sausages under your arm trumps any banger present. Grinding your own lets you save up to 70% fat over supermarket offerings that are packed out with bone and cartilage (and gives you a tough forearm workout in the process). Our suggestion: mince up pork loin with antioxidant-packed rosemary, thyme and garlic for an *MH* take on Toulouse sausage.

**Mincer £30 [bettytwyford.com](http://bettytwyford.com)**

## HEALTH'S HAMMER MEAT TENDERISER

A few sizeable slaps with a meat mallet will turn cheap cuts into melt-in-the-mouth steaks. It breaks down the dense muscle fibres and protein filaments, making them more tender, which increases the amount of protein your body is able to absorb by up to 15g. It also prevents blockages in your intestine that can cause the growth of carcinogenic compounds. And no one's going to mess with a guy who keeps a mace in his kitchen. Think of it like Thor's hammer, Mjölnir, only for meat.

**Tenderiser £12 [johnlewis.co.uk](http://johnlewis.co.uk)**

FROM FLANK  
TO FILLET IN  
20 SWIPES



\* BETTER THAN ANY SUPERMARKET

**MAXIMISE  
MINERALS IN  
EVERYTHING  
YOU COOK!**



## THE NUTRIENT SPIKE MEAT THERMOMETER

Using a probe does more than save you from a bout of e-coli embarrassment. Meat eaten at the right temperature is easier for your body to digest, according to the Washington Department of Agriculture, meaning you're giving your gut the best chance of sucking up as many nutrients as possible. A medium-rare steak cooked at 55-60°C is perfect to stop its muscle-building creatine depleting through heat exposure. It also looks pretty cool in your oven.

**Kilner thermometer £7**  
**weschenfelder.co.uk**

## MINERAL COLLIDER PESTLE AND MORTAR

The oldest kitchen utensil on Earth hasn't evolved in over 3,000 years and for good reason: you can't improve on perfection. Grinding herbs and spices releases essential oils that start to lose their potency as soon as they're crushed, meaning you're missing out on vital nutrients when you buy off the supermarket shelves. Smash up chilli, garlic, salt, pepper and lime juice to make the only rub you'll ever need for any meat.

**Pestle and mortar £15 lakeland.co.uk**

**HEALTHY  
DEEP-TISSUE  
RUB FOR ANY  
MEAT!**



**DOUBLE THE  
PROTEIN  
IN YOUR  
BURGERS!**



## COMPACTED PROTEIN MANUAL BURGER PRESS

We could tell you that burgers of uniform size minimise the chance of under- or over-cooking, but the real benefit comes from the amount of meat you can cram onto your grill. As you compress the meat, the air is sucked out, meaning you can fit in double the protein you'd get by shaping them with your hands. It's griller warfare and you've got twice the ammo.

**Burger press £47 weschenfelder.co.uk**

*Chris Hoy*  
SIR Chris Hoy, MBE

**EVANS  
CYCLES**

EXCLUSIVE

Spend £10 on SiS products and receive a

**FREE  
SiS PRO  
YELLOW  
BOTTLE**

While stock lasts. Not to be used in conjunction with any other offer. Promotion period: 16 May to 28 June 2013. Minimum spend £10. One bottle per transaction.

**Endurance nutrition. Without compromise.**

scienceinsport.com Twitter Facebook YouTube

# > FISH 'N' QUICK

WRAP UP A PARCEL OF HEALTH THAT DELIVERS PROTEIN TO YOUR TABLE AT MICROWAVE-MEAL SPEED

## 1-2 min TURN UP THE HEAT

Don't kid yourself those brightly coloured packs of low-fat, nutrient-void stodge are doing you any good. Once you've tried this 10min fish supper, even those "finest" ready meals just won't taste the same. Roughly tear a couple of large squares of tinfoil. Throw one of the fillets into the centre of each and fold up the edges to create a bowl shape. No need to pierce the top five times.

## 2-3 min SHAKE AND BAKE

This sauce adds no fat to the dish and harnesses the metabolism-accelerating properties of ginger and chilli: a potent fat-loss double act according to Maastricht University. Chop up the chilli, crush the ginger and garlic, and divide across the parcels with a squeeze of orange and splash of soy sauce. Scrunch them up tight and give it all a good shake to mix. Bake your fish for 8min at 200°C.

CONTAINS  
**35g**  
PROTEIN!

## INGREDIENTS

- Sea bass, 2 fillets
- Ginger, 2tsp
- Green chilli, 1
- Garlic, 2 cloves
- Orange, ½
- Soy sauce
- Bok choy, 1 pack
- Mushrooms, 1 pack
- Spring onions, 4

## 3-9 min NUKE YOUR SIDE DISH

While the fish cooks, grab a microwave steamer – or make one using the cheat sheet on p153. Splash some soy sauce on your veg and cook for 3min. Steaming means you retain all the nutrients that are lost in preservative-packed supermarket meals. Had you plumped for the 'instant' option, you'd likely be watching its 50th vitamin-zapping rotation right now.

## 9-10 min IT'S A KEEPER!

Take the sea bass out of the oven and unwrap it (don't let the steam burn your fingers). Now split your side-dish across two plates and put the fish on top with a couple of spoonfuls of the spicy dressing. Screw up the tinfoil, chuck out your single-use steamer, dig in and be happy in the knowledge that you've saved 245 calories and 15g of sat fat, not to mention the washing up.



**Jason Atherton,**  
chef & restaurateur  
The top chef, owner  
of Michelin-starred  
Pollen Street Social  
and Social Eating  
House, designed you  
this supermarket-  
smashing ready meal



**ATHERTON'S ASIAN FISH PARCEL**  
From fresh to fuel in 10 minutes flat  
No artificial flavourings or additives

Total Price **£3.10**  
Protein **35g**

Keep refrigerated

Step 1: [Image of fish in tinfoil] Step 2: [Image of fish on plate]

10 mins from fresh | 2 serves

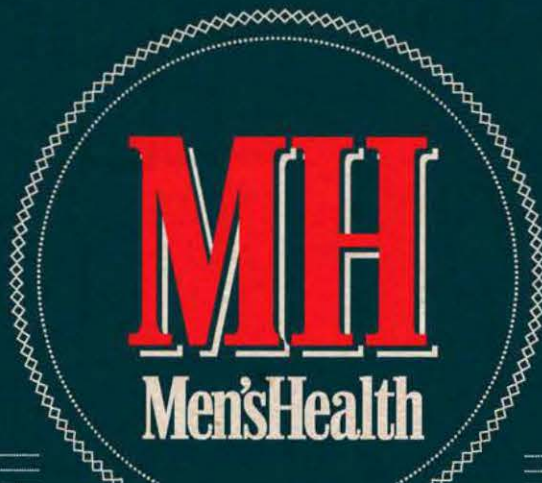
15g less sat fat (10%) | 8g less sugar (5%) | 245 fewer kcal (13%)  
Recommended MH allowance

BASS!  
HOW LOW (CAL)  
CAN YOU GO?

## MH FISH PARCEL VS TESCO FISH PIE



**MH COVER MODEL**



# COVER MODEL

COMPETITION - '13

SPONSORED BY  
**REMINGTON**  
How the world gets ready

OUR SEARCH FOR THE BEST PHYSIQUES IN THE UK KICKS OFF HERE!

**SIGN UP NOW!**

[menshealth.co.uk/covermodel2013](http://menshealth.co.uk/covermodel2013)



**SAVE  
1/3 OFF**

## A CUT ABOVE

**Y**ou've got the abs.  
You've got the pecs.  
The biceps are  
coming along nicely.  
Now make sure your hair is  
worthy of a *MH* cover with  
the help of the new, state-  
of-the-art Touch Control  
Clipper from grooming expert  
Remington, proud sponsor

of the *MH* Cover Model  
Competition 2013.

The world's first hair  
clipper for men with touch-  
screen technology, it allows  
you to adjust the length of  
blades at the touch of  
a button and by the tiniest  
of increments (from 0.4mm  
to 42mm) so you don't

just get a great cut but a  
truly bespoke one.

With self-sharpening  
titanium coated blades, USB  
charging and a Pro-Power  
Motor to give it extra speed,  
it's the perfect tool for  
cutting, trimming, tapering  
and blending. And is just  
as good for creating unique

longer styles as well as  
low-maintenance, all-over  
buzz-cuts.

**You can save 1/3 off the  
£69.99 RRP until 26/06/13.  
To redeem simply go to  
[remington.co.uk](http://remington.co.uk) and enter  
voucher code **MHSAVE1** at  
the checkout. Happy clipping!**

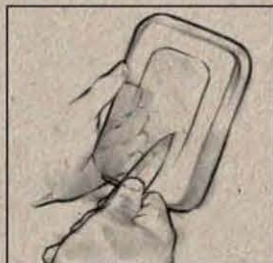
# HEALTHY ECONOMY

TRY YOUR HAND AT THESE KITCHEN HACKS TO SLICE YOUR PREP TIME AND GIVE YOU MORE NUTRIENTS PER BITE



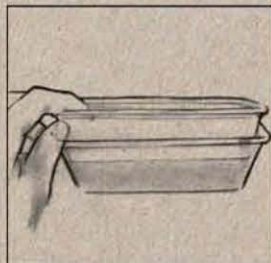
## EASY DIY STEAMER

Is your kitchen cupboard piled high with plastic takeaway tubs you thought would 'come in handy'? Ours too. Use them to make a single-use steamer to save time and maintain 70% more nutrients compared to boiling your vegetables.



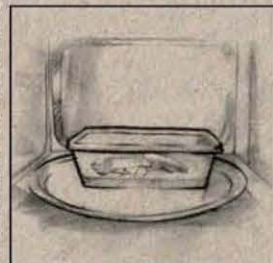
### 01 PICK A FEW HOLES

First, check your containers don't contain BPA (see p37): if they're marked with the number 7, avoid. Pierce about 15 holes in the bottom of one tub with a knife. Therapeutic, isn't it? You want to make the holes a few millimeters wide.



### 02 JUST ADD WATER

Fill a second carton with water, about a centimetre deep. If you're steaming fish or vegetables, add a few of slices of lemon, orange or lime to the water first. That's Michelin-grade flavour with Little Chef skill, right there.



### 03 WAIT FOR THE 'PING'

Put the pierced container on top of the other, leaving a small gap between the tub and the water. Place whatever you want to steam in the top and stick it in the microwave for the allotted time (right). MacGyver would approve.

## STEAMING TIMES

**03**  
MINUTES

Leafy greens  
(cabbage, kale)

**05**  
MINUTES

Dense vegetables  
(broccoli, carrots)

**07**  
MINUTES

Skinned fish  
(haddock, cod)

## INSTANT EXPERT



### FROST BITES

Never keep tomatoes or onions in the fridge. Cold damages their nutrients (and taste).



### PERFECT PEARS

Bananas emit a natural gas that helps to ripen avocados faster; store the two together.



### A NEW LEAF

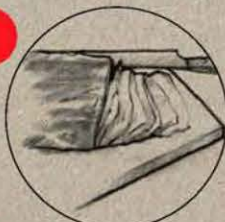
Boil wilting greens for 2min then dip them in ice water. It'll preserve their iron content.



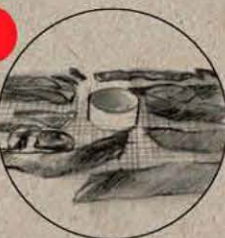
## COST-CUTTER'S BEEF JERKY

Make a month's supply of portable protein snacks for £10

**A**



**B**



### INGREDIENTS

- Silverside beef, 1kg
- Encona sauce, ½ bottle

**A** This is the best use of your Sunday afternoon. Trim any fat off your beef, freeze the joint for an hour, then cut it into slices roughly 1cm thick.

**B** Mix the meat and sauce, cover with clingfilm and leave in the fridge overnight. When it's good to go, lay the slices on a tray lined with foil – don't overlap. Cook in the oven on its lowest setting for 7hr; flip halfway. Grab. Growl. Devour.



## ICE-COLD BEER WITHOUT THE WAIT

Impress at your next barbecue with this piece of thirst aid

### 0-1MIN

There's always one person who brings a warm six-pack to the party. Start off by tearing a few sheets from today's paper.

**01**



**02**

### 1-3MIN

Now drench the newspaper pages in water – it's a better use of the *Daily Mail* than reading it would ever have been.

### 3-5MIN

Wrap the bottles or cans (the latter chill faster) tightly in the paper and place the lot in a plastic carrier bag.

**03**

**04**

### 5-12MIN

Now freeze the bag – it should take 10min tops. Then present your stack of cold ones and lap up the plaudits.

# MUSSEL UP VS

TAILOR THIS 15-MINUTE MOULES MARINIÈRE TO MAKE IT A BULK-

## 01 PREP - 3MIN

These nutrient-packed bivalves make a perfect base for a bulk-adding or fat-stripping meal. "Mussels contain 70% of your RDA of zinc, which boosts muscle-building testosterone," says nutritionist Caroline Farrell. "They're lower in saturated fat than most meats, making them good for weight loss, too." Wash them thoroughly and bin any that don't close when tapped.

## 02 BASE LAYER - 8MIN

Now fry the chopped shallots and garlic – a pair of vacuum vegetables. They're packed with allicin, a chemical which sucks up nutrients from other ingredients, whether you're stockpiling muscle or stripping away fat. Give them 5min and slice the spring onions.

## 03 COMBINE + CONQUER - 10MIN

Like that Mila Kunis dream you once had, this dish reaches climax too quickly, so get all the ingredients ready. Throw in the spring onions with a big squeeze of lemon: "The acid lowers the absorption of sugars, preventing them storing as fat," says Farrell.

## 04 SUPERSIZE!

Add chopped chorizo – sweating it on a higher heat. Throw in the mussels, cover and leave on a high heat for 3min. Then stir through the yoghurt and crushed almonds.

## 05 ... OR DOWNSIZE!

Add the evaporated milk, wine, parsley and diced chilli. When it reaches the boil, add the mussels, put the lid on and steam for 3min.

## 06 THE BIG FINISH - 15MIN

Add plenty of pepper and chuck them into a serving bowl. Throw away any that haven't opened – a dose of bottom-feeder's belly isn't a fun way to drop weight.

## INGREDIENTS

- Mussels, a big bag
- Shallots, 2
- Garlic, 4 cloves
- Spring onions, 4
- Lemon, ½
- White wine, 3 big glugs
- Olive oil, splash

## SUPERSIZE!

- Chorizo
- Greek yoghurt
- Almonds, handful
- Sourdough baguette

## DOWNSIZE!

- Evaporated milk, ½ can
- Chilli
- Parsley

47g  
PROTEIN

SUPERSIZE!



NEW

SUPERSIZE/DOWNSIZE

# LEAN + MEAN

BUILDING LEVIATHAN OR A FAT-SHREDDING CATCH OF THE DAY



## A POWER PORKERS

Enter the Spanish Armada: along with even more protein, chorizo brings a dose of thiamin, which helps your body make the most of the 22 amino acids needed to repair muscle fibres.

## B TOUGH NUTS

Spain strikes again – throw in selenium-packed almonds to aid protein synthesis, and you're 10min away from the most potent seafaring muscle mix this side of Atlantis.

## C YEAST IS MORE

Eating high-GI white bread immediately after a workout stimulates your insulin-like growth factor-1: essential for building muscle. Always go sourdough – the fermentation process breaks down gluten, so no intolerance issues.

## A DAIRY LEAN

You'd never think a creamy dish could help you lose weight, but ingredient swaps make it possible: "With evaporated milk you lose the fat, but keep the texture," says nutritionist Caroline Farrell. You won't miss the cream, but you will swap a staggering 90g of fat per 250ml with the evaporated milk's belt-tightening 10g.

## B HERBAL HELPER

"It speeds up digestion, helps remove toxins from the body, and stops water retention which causes bloating," says nutritionist Ian Marber. Common it may be, but parsley is certainly not ineffective.

## C FAT ON FIRE

The red heat speeds it all on its way: "Fresh chilli is one of the best guns in your armoury for fat loss. It spikes your metabolism and helps the uptake of nutrients, which can stop your hunger," says Marber. All you need to do now is avoid those mayo-slathered frites.

**389**  
CALORIES

**MH PROMOTION**

# TIME TO TURN PRO

IT'S THE ULTIMATE MULTIFUNCTIONAL SKIN PRODUCT. BUT WHAT DO *MEN'S HEALTH* READERS THINK OF LAB SERIES' NEW PRO LS ALL-IN-ONE FACE TREATMENT? HERE'S WHAT THEY HAD TO SAY...

# N

ever used skincare products before and want something that covers all bases?

Or looking for a high-tech multifunctional product that saves time in your bathroom and space in your gym bag?

Then Lab Series PRO LS ALL-IN-ONE FACE TREATMENT

is for you. The ultimate in smart skincare and especially formulated for men's skin, it's a high-performance treatment that addresses four of men's most common grooming problems in one go.

As well as acting as a soothing post-shave balm to sooth redness and irritation it's also a moisturiser you can use over your entire face. What's more, it helps minimise fine lines and wrinkles and also aids to reduce oily shine, helping skin look healthy, with a matt finish.

Whether you're a skincare newbie or a male grooming connoisseur it's the perfect way to simplify your daily grooming routine without compromising on results. So if you want skin to look its absolute best now's the time to go Pro!

To hear for yourself what the *Men's Health* testers thought of the Lab Series PRO LS ALL-IN-ONE FACE TREATMENT head over to [menshealth.co.uk/labseries](http://menshealth.co.uk/labseries) Lab Series PRO LS ALL-IN-ONE FACE TREATMENT is available nationwide priced £22 for 50ml. To buy online go to [labseries.co.uk](http://labseries.co.uk)



## EXCLUSIVE TO MH READERS!

Get a free Multi-Action Face Wash free with any purchase!

Multi-Action Face Wash is the best partner to prep your skin before applying PRO LS!

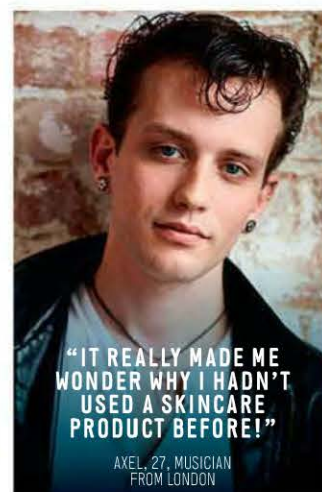
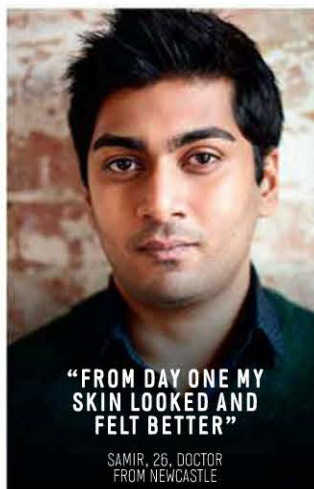
To get your 50ml worth £9\* for free, enter offer code: PROLS at [labseries.co.uk](http://labseries.co.uk)

\* Value calculated on the base of 100ml RRP. Offer available exclusively on [labseries.co.uk](http://labseries.co.uk) and ends 30.06.13. Available while stocks last.



## THE TESTERS' VERDICT

Here's what our *MH* testers made of the Lab Series PRO LS All-In-One Face Treatment





1887

IN THE BEGINNING



In 1899 **PERCY & FRED** Bulmer spent  
£24 on a bicycle made for two. They certainly got their  
money's worth when Fred cycled 500 miles in seven days  
in search of quality apples for their Bulmers cider.



SINCE 1887

2013



# MIX & MATCH

Select a winning outfit for summer's top sporting events. Recreate these looks exactly or cut along the scissor lines and fold for new combinations



## ANYONE FOR TENNIS?

### THE TACTICS

When it comes to watching Wimbledon, think Roger, not Rafa. "Preppy style like this is a summer mainstay," says Simon Chilvers, menswear director at Matches Fashion. Seersucker shorts are lightweight and won't crease at the crotch if you're sat in the heat for hours. For a casual setup, add a jumper and plimsolls (as pictured) or dress them up with a summer blazer for a more polished look. "Equally when the temperature drops post-beach, a lightweight blazer is ideal worn with shorts or smart trunks." Keep your summer colour palette neutral to ensure all the items combine well together. Accessorise with a smart watch (turn to p169 for inspiration) and a tall drink.

### SPORTING CALENDAR

Wimbledon: 25 June-8 July

FOLD HERE



• Sweater £85  
Brooks Brothers;  
T-shirt £23 and  
belt £33 both  
Massimo Dutti;  
Sunglasses  
£268 Tod's

• Shorts £65  
Lyle & Scott;  
Bag £1,650  
Prada

• Shoes £55  
Jack Purcell  
by Converse

STYLE

Edited by Dan Rookwood

MensHealth

TENNIS

TENNIS

TENNIS

TENNIS

*Melanie C+*

# Love your glasses?

Enter our competition to win a holiday to St Lucia

Upload your photo at [specsavers.co.uk/loveglasses](http://specsavers.co.uk/loveglasses)



**SPECTACLE WEARER OF THE YEAR 2013**



## PACK LEADER

### THE TACTICS

If you're lucky enough to (ab)use corporate hospitality, do so looking like you've earned it. At the smarter end of smart-casual, this outfit won't fall foul of dress codes. "Unlined, unstructured jackets have given the blazer a contemporary summer reboot," says Chilvers. "They're your best choice when travelling too since they tend not to hold creases and can dress an outfit up instantly." Any colour on your legs (barring chronic sun damage) is also a good thing: "Pastel chinos have been growing in popularity for the past two years. They're the trousers that easily 'summer up' an outfit and are ideal for men who don't feel that comfortable in shorts. Roll them up and pair with desert boots, deck shoes, sneakers or loafers – and leave your socks off."

### SPORTING CALENDAR

British & Irish Lions Tour:  
1 June-6 July  
Henley Royal Regatta:  
3-7 July

FOLD HERE



SELECTION

• Blazer £305  
Michael Kors;  
Cardigan £265 Marc  
by Marc Jacobs at  
Harvey Nichols;  
Shirt £48 and belt  
£35 both French  
Connection;  
Tie £50 Hentsch Man;  
Sunglasses £160  
RetroSuperFuture

• Chinos £346  
KrisVanAssche;  
Carrera Calibre 6  
Heritage automatic  
watch £2,095  
Tag Heuer;  
Bracelet £105 Tod's;  
Bangle £59  
Tateossian;  
Bag £420 Coach

• Loafers £390  
Gucci

RUGBY

RUGBY

RUGBY

RUGBY

# LONDON COLLECTIONS: MEN

*Showcasing the Best of British Menswear*

16.06.13 — 18.06.13

[londoncollections.co.uk](http://londoncollections.co.uk)

[facebook.com/britishfashioncouncil](https://facebook.com/britishfashioncouncil)

[twitter.com/BFC](https://twitter.com/BFC)


Join the conversation #LCM





## PLAIN SAILING

### THE TACTICS

If you're hopping on and off boats or doing anything active involving water this summer (no, the Super Soaker 3000 doesn't count), you'll need kit that both looks and acts the part. "A block-colour technical mac is a useful spring-to-autumn coat option and can easily be packed as part of carry-on luggage," says Chilvers. The Musto jacket pictured here is completely waterproof and breathable so you'll stay dry both outside and inside. "Swimming shorts that have quick-dry properties are worth the money too as they double as an extra pair of tailored shorts. And don't overlook accessories for a cost-effective way to change things up. A pair of good quality sunglasses, a colourful bag and a watch enlivened with some bright bracelets will all pep up a plainer outfit." 

### SPORTING CALENDAR

Cowes Week: 3-10 August

FOLD HERE



• Jacket £250 Musto;  
Sweater £95 APC;  
Polo shirt £45  
Original Penguin;  
Sunglasses £350  
Louis Vuitton



• Shorts £165  
Orlebar Brown;  
Tambour Diving II  
Auto Blue watch  
£3,350 Louis  
Vuitton;  
Bag £85 Tommy  
Hilfger;  
Orange bracelet £59,  
red bracelet £195,  
white and blue  
bracelet £150 all  
Tateossian



• Deck shoes  
£130 Sebago



SELECTION

SAILING

SAILING

SAILING

SAILING

**SWITCH ON THE ICE COOL SKIN EFFECT.  
NOT SHINY. NOT STICKY.**



**NEW**

**HYDRA ENERGETIC  
QUENCHING GEL  
MOISTURISER**



**WITH AIR-GEL  
TECHNOLOGY**

- ❑ INSTANTLY SKIN FEELS COOLER
- ❑ WITHOUT SHINE
- ❑ NON-STOP HYDRATION

[menexpert.co.uk](http://menexpert.co.uk)

**L'ORÉAL  
MEN EXPERT**

MOST WANTED

#02 Folding sunglasses

# POCKET SCIENCE

Dangerous, subversive and irresistible to the female gaze, these shades must be hunted down

## DESCRIPTION

This undercover agent from the Persol organisation is known by the codename "714". An experienced operative and skilled shapeshifter. Distinguishing marks include a signature silver arrow mark on each arm.

## CHARACTER

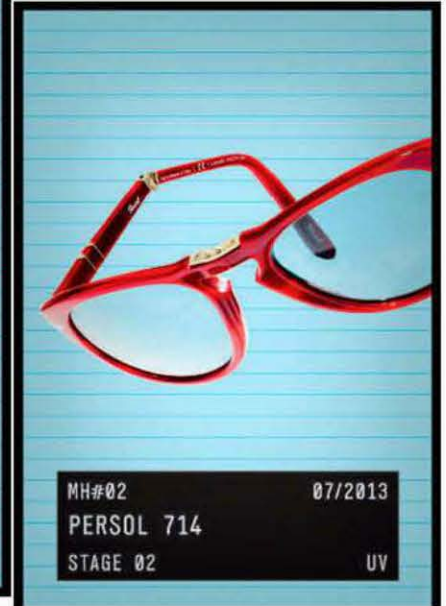
A shady but smart personality thanks to sepia-tinged polarised lenses that provide UV protection and anti-glare. Understated in style, prefers to operate incognito. Appears cool even under heat but is known to collapse and fold when pressure is applied.

## REWARD

The 714s have some powerful and high profile connections – most famously Steve McQueen. They are also strongly linked to 007 via Pierce Brosnan and Daniel Craig. With over 45 years' experience at the very top of their game, they will never go out of fashion and are guaranteed to make the wearer look cooler. The high quality lenses mean less squinting, reducing the likelihood of headaches and the onset of wrinkles. They fit easily into a trouser or chest pocket minimising the danger of collateral damage and removing the temptation to wear them perched on the top of your head. The tortoiseshell frame is also more flattering to pale and freckled skin, showing it in a warm light. By contrast, black frames can drain a fairer complexion.

## KNOWN ASSOCIATES

Tortoiseshell blends in well with linen blazers as well as more casual off-duty guises such as tailored shorts, polo shirts and brown leather sandals. *Davidclulow.com, Harrods £255*



SMART BUYS

## OTHER FRAMES IN THE FOLD



01

**FOR MEN WHO MEAN BUSINESS**  
Hackett folding sunglasses  
£139 hackett.com



02

**FOR THE MAN ABOUT TOWN**  
Burberry square-lens glasses  
£238 sunglasseseshut.com



03

**FOR POSTER BOYS**  
Ray-Ban folding aviators  
£205 sunglasseseshut.com



04

**FOR SPEED DEMONS**  
Carrera £120  
carreraworld.com

# TOGS OF WAR

Soldiers wear it to blend in – now men wear it to stand out. Here are five ways to parade camouflage without looking like an officers' mess

## #11 CAMO TROUSERS

Attention! Camouflage is back. It can be tricky terrain to negotiate, so to help you avoid sartorial landmines we've recruited editor of Mr Porter Jeremy Langmead, and Selfridges buyer Reece Crisp. Trousers £205 Beams Plus at [mrporter.com](http://mrporter.com)



01

### CIVVY STREET

Trousers are an entry-level way to add camo to a casual outfit. Wear them in place of jeans or chinos and always pick contrasting footwear – the idea is not to look like you just joined the TA. For the same reason, avoid khaki green on your top half. This is a rare occasion where co-ordinating colours too closely isn't just inadvisable, it's plain wrong.

Jacket £300 Edwin; hoodie £130 Sunspel; T-shirt £55 Orlebar Brown; trainers £52 Adidas; hat £25 Starter

02

### WEEKEND WARRIOR

Clashing the check of a lumberjack shirt with the trousers is an effective way to neutralise camo's military effect. Remember to keep the rest of your outfit pattern-free so it's not too busy. Wearing clean white plimsolls or bright Nike Airs will keep the outfit neat, while adding a denim jacket will make it feel a bit more 'lived-in', so you don't look like a late conscript.

Denim jacket £190 and shirt £140 both APC; trainers £97 Nike; bag £79 Stighlorgan; glasses £160 Ksubi

03

### OFFICER AND GENTLEMAN

Is camo suitable for smart events? Affirmative. But there are a few rules: trousers must be slim-fit and never long enough to puddle on your shoes. Brown leather loafers will combine well with the camo colouring. Wear an unstructured blazer as formal tailoring will look too incongruous, and opt for a chambray shirt rather than anything too dressy.

Blazer £395 Hackett; shirt £180 Replay; loafers £298 Trussardi; tie £75 Oliver Spencer

PHOTOGRAPHY: DIMITRIS THEOCHARIS | STYLING: ERIC DOWN | GROOMING: FRANCO VALLELONGA AT ERA MANAGEMENT USING MELVITA AND WELLA PROFESSIONAL | MODEL: KRISHAN BASRA AT NEXT MODEL MANAGEMENT | PHOTOGRAPHER'S ASSISTANTS: EDU TORRES, GEORGIOS CASSAPIDES | STYLIST'S ASSISTANT: NICQUAN TAYLOR | LOOK 3: POCKET SQUARE £9.50 FOR 10 MARKS & SPENCER; AVIATORS £185 GIVENCHY; WATCH £840 GEORG JENSEN; BRACELETS £12 TOPMAN | STOCKISTS: ADIDAS, ADIDAS.COM | CREW CREWLOTHING.COM | EASTPAX X KRISVANASSCHE D&I-NL.COM | EDWIN 0207 749 0503 | G-STAR G-STAR.COM | GEORG JENSEN GEORGJENSEN.COM/UK | GIVENCHY DERIGOVISON.COM

Less is more. Avoid  
camo-tastrophe by  
breaking your look  
up with block colours



ORIGINAL PENGUIN ORIGINAL PENGUIN.CO.UK | ORLEBAR BROWN ORLEBARBROWN.CO.UK | REPLAY REPLAY.IT |  
.COM | SUNSPEL SUNSPEL.COM | TOPMAN TOPMAN.COM | TRUSSARDI MATCHESFASHION.COM | VICTORINOX

HACKETT HACKETT.CO.UK | KSUBI KSUBI.COM/PAGES/WEAR | NIKE NIKE.COM | OLIVER SPENDER OLIVERSPENDER.CO.UK  
RIVER ISLAND RIVERISLAND.CO.UK | STARTER BLACK LABEL STARTERBLACKLABEL.CO.UK | STIGHLORGAN STIGHLORGAN  
VICTORINOX.COM | WRANGLER WRANGLER.EU



**04**

#### OUT ON MANOEUVRES

Wearing camo needn't restrict you to sober tones. The trick with bright colours is to select them from the same spectrum. Red and orange are natural bedfellows and keep this outfit cohesive. Rolling the trousers up like chinos and going sockless will take the look away from 'playing army' and instantly transform your trousers into summer casual staples.

**Jacket £295 Victorinox; sweater £55 Wrangler; shoes £65 Crew; sunglasses £14 Topman; bag £280 Eastpak**



**05**

#### MILITARY BAND

If you only pack one pair of trousers for a weekend spent jumping around in a field, make them camo. They're comfortable, practical and disguise dirt. Incorporating a second pattern on top should afford you a VC for style bravery, but you can do it if you keep the colours simple and subtle. Remember to bring dark trainers so they don't get trashed in the mud.

**Shirt £60 Original Penguin; vest £35 G-Star; trainers £120 Nike; bracelets £8 River Island**

GO UNDERCOVER

## A LICENCE TO DRILL

If you don't want to jump into camo with both feet, opt for a stealth accessory instead



**POCKET SQUARE**  
Valentino at Mr Porter £115



**BACKPACK**  
Herschel £90



**SHOES**  
Crenson £265



**WALLET**  
Carhartt £40



**TRAINERS**  
Converse Chuck Taylor £60



**UMBRELLA**  
London Undercover £160



**BELT**  
Diesel at Asos £14



**TIE**  
Mr Bathing Ape £215

LICENCE TO DRILL STOCKISTS: CONVERSE SCHUH.CO.UK, GRENSON GRENSON.CO.UK, HERSCHEL HERSCHEL.SUPPLY.COM, LONDON UNDERCOVER LONDONUNDERCOVER.CO.UK, MR BATHING APE BAPE.COM, VALENTINO MRPORTER.COM

# U-BOAT

CHIMERA 47 BLACK & BRONZE  
LIMITED EDITION TO 300

u-boatwatch.co.uk  
facebook.com/uboatuk  
Twitter @uboatuk  
Instagram @uboatwatches

Because when you look closely you realise that this is a solid bronze watch and that it is going to age over time and evolve with you. Because there are only 300 in the entire world and yours will be hand-made with human strokes of genius and main-d'oeuvre. Because the individual tarnishing on your twatch will be a manifestation of the trials and tribulations you have both shared. Because the domed glass is a breakthrough from U-BOAT where, until now, it had been impossible to cut 46mm diameter sapphire. Because the top soigné Valjoux has been finished with blued screws. Because the 44-hour power-reserve is driven by a custom-built sterling silver U-BOAT autoweight.

# MAN OF STEEL

The low-key Clark Kent looks of these watches belie a host of superpowers, whatever your daily mission



01



03



05



02



04



06



## 01/ BREMONT BC SOLO 43 CREAM

Is it a bird? Is it a plane? No, it's a stealth bomber: Bremont supplies watches for the supermen who pilot B-2s. And they're rock-solid too, forged in the same facility where aircraft turbine blades are made. The understated design will help you fly under the radar but, like Mr Kent, it's hard as nails underneath. £2,650 [bremont.com](http://bremont.com)



## 03/ G-SHOCK GA 1000FC

This G-Shock is built to withstand extreme forces of gravity, temperature and, well, all manner of shocks. Even Sir Alex Ferguson's resignation. But what really sets it apart is its ability to fly. Developed with RAF pilots, it features a compass that will notify you should you veer off track. One for you then, David Moyes? £300 [g-shock.co.uk](http://g-shock.co.uk)



## 05/ LONGINES HYDROCONQUEST

What do Kim Jong-un's media secretary and the Longines HydroConquest have in common? Yes, they both operate under extremely high pressure. No mere mortal could survive 300m underwater but, with a case tighter than a submarine hatch, this watch won't crack. Let's hope North Korea's press office can say the same. £790 [longines.com](http://longines.com)



## 02/ IWC INGENIEUR

Every superhero has his Kryptonite. For watches it's magnets. Which means that leaving yours near loudspeakers or fridge Scrabble can damage its mechanism. Not so with IWC's Ingenieur which is immune to magnetic malevolence. Its iron case provides eight times the protection required for antimagnetic watches. £4,650 [iwc.com](http://iwc.com)



## 04/ VICTORINOX NIGHT VISION

A watch that illuminates is common enough, but a watch that allows you to see in the dark? Not so farfetched, thanks to Victorinox; its Night Vision watch has an LED built into the case. And if your nemesis gets the better of you, there's a strobe to signal for back-up. £550 [victorinox.com](http://victorinox.com)



## 06/ TW STEEL MAN OF STEEL TW415

Of course, you could just go for the official *Man of Steel* watch, made by TW Steel to tie in with the film. This thunders in at 48mm, so you'll need arms like Henry Cavill's just to wear it. The sober styling with urgent-red detailing, means it can lead a double life, straddling both the beach and the boardroom. £275 [twsteeluk.com](http://twsteeluk.com)

# MAN ON FIRE

Avoid turning up to your post-gym destination looking like a parboiled lobster. *MH* packs your wash bag to help you keep your cool after training

## SPRITZ AND GO

The first weapon to throw into your gym bag is an eau de toilette. "A citrus scent makes you feel fresher and cooler," says Roja Dove. You'll leave feeling like le man.

*Le Beau Male* by Jean Paul Gaultier £34.64 johnlewis.com

## IT'S COLD INSIDE

To stop sweat, you need to quell heat at its source. "This contains alpha-lipoic acid, a natural anti-inflammatory that calms the skin," says Lee Garrett.

*Nutritive Cleanser* by Perricone MD £35 perriconemd.co.uk

## COOL HAIRCUT

Your head is the primary heat outlet, so a stuffy 'do' won't do. This spray lets it vent. "Breathability for your scalp cools you down faster," says John Vial.

*Matte Hed Gas* by Fudge £5.59 fudgehair.co.uk

## HIIT THE SHOWER

Throw this secret weapon into your washbag next. "Mint cools your whole body and kills germs, so no breakouts on your back and chest," says Garrett. Win win.

*Mint Hair + Body Wash* by Fudge £7.95 fudge.com

## PUT A PLUG IN IT

Target your armpits with eucalyptus to stop heat. Research by Cairo University found it also prevents bad odours. Now, about that lunchtime cardio session...

*Eucalyptus Deodorant* by Malin+Goetz £16 liberty.co.uk

## EXPERTS

### THE COOL CREW



**ROJA DOVE**  
Leading perfume expert creating scents for labels such as Guerlain



**LEE GARRETT**  
Aesthetician and director of Harley Street medical clinic Freedomhealth



**JOHN VIAL**  
Creative director at Vidal Sassoon hair salon and *Sunday Times* Style columnist



## EAT YOURSELF HANDSOME

### SHELL OUT ON SKINCARE

Crack open your new complexion-clearing aid. Crab brightens your skin for a healthier, younger-looking face

Home grooming doesn't come tastier than this. Order the crab cakes or grab some fresh crab from the fishmonger to whip up a salad. It's packed with collagen-boosting vitamin C, making you look younger and healthier. Crab also contains a pinch of iron which improves oxygen delivery in the blood for a brighter, clearer mug shot.



## AXIS OF ACCEPTABILITY

### BATHROOM CABINET 'STEALS' (FROM YOUR GIRLFRIEND)

- KING OF SHAVES**
- Moisturiser
  - Deodorant
  - Concealer
  - Straighteners
  - Manscara
  - Guy-liner
- DRAG QUEEN**

# 54%

of women find men with styled facial hair more attractive\*. Pick up Braun's Cruzer (£33 amazon.co.uk). Just be sure not to get too Craig David about it.





THE  
WINNING  
TEAM  
try our new  
2in1 range

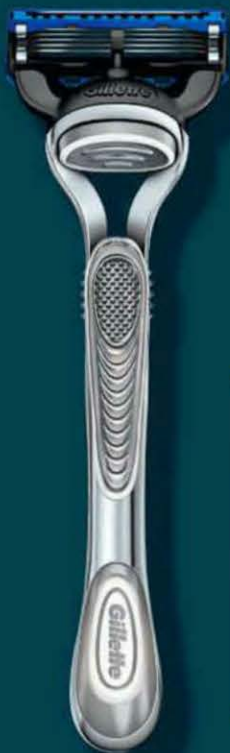


Winner Shampoo Category. Survey of 10,005 people by TNS.



\*Visible flakes seen at 2ft with regular use.

# The science great groo



## GILLETTE FUSION PROGLIDE SILVERTOUCH

RRP £14\*

Dermatologically tested and endorsed by the British Skin Foundation, the ProGlide SilverTouch delivers Gillette's smoothest shave yet, with minimal irritation. This is perfect for sensitive skin.

32.5

THE NUMBER OF  
DAYS THE AVERAGE  
MAN WILL SPEND  
SHAVING DURING  
HIS LIFETIME

60% OF MEN SAY  
THEY HAVE  
SENSITIVE SKIN

THE RADIUS OF THE  
BLADE TIP ON A FUSION  
PROGLIDE IS SMALLER  
THAN A BRAIN CELL

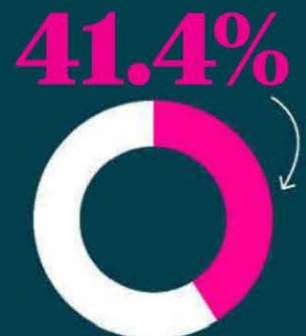
## GROOMING TIP

The toughest whiskers grow on the chin and around the lips, so shave these bits last. That way they'll have had more time to soften and will be easier to cut



## HEAD & SHOULDERS 2 IN 1 ITCHY SCALP CARE RRP £2.79\*

Containing Zinc Pyrithione (ZPT), this effective anti-dandruff shampoo does more than just keep the dreaded flakes at bay – it's also designed to soothe your scalp and minimise itching. Result x3.



of people say they've suffered from an itchy scalp in the last year

1 IN 2 MEN WILL SUFFER  
FROM DANDRUFF  
AT SOME POINT

Scalp irritation caused by dandruff has a direct impact on hair quality, and scratching can damage the hair surface

# e behind ming

Looking good isn't an art – it's a science. Take your grooming routine to the next level with these bathroom essentials

## GROOMING TIP

If you like a shave-free weekend, use the Braun Series 3 Shaver come Monday morning. It's specially designed to be smooth on skin but tough on three-day stubble



### ORAL-B TRIZONE 3000 RRP £99.95\*

It might look and feel like an ordinary toothbrush, but the Oral-B TriZone 3000 power brush, with its innovative sweeping bristles, removes up to 100% more plaque than manual brushes and looks after your gums too.

**GUM DISEASE**  
IS THE NUMBER ONE REASON FOR TOOTH LOSS IN MEN OVER 40

*The TriZone 3000 features a special pressure sensor that slows the brush speed when you're pressing too hard, protecting teeth and gums*

75%



of men in the UK don't use the right brushing technique for optimum tooth and gum health



### BRAUN SERIES 3 SHAVER RRP £139\*

The Braun Series 3 Shaver is designed to ensure optimum skin contact, ensuring a super-smooth shave every time.

0.4mm

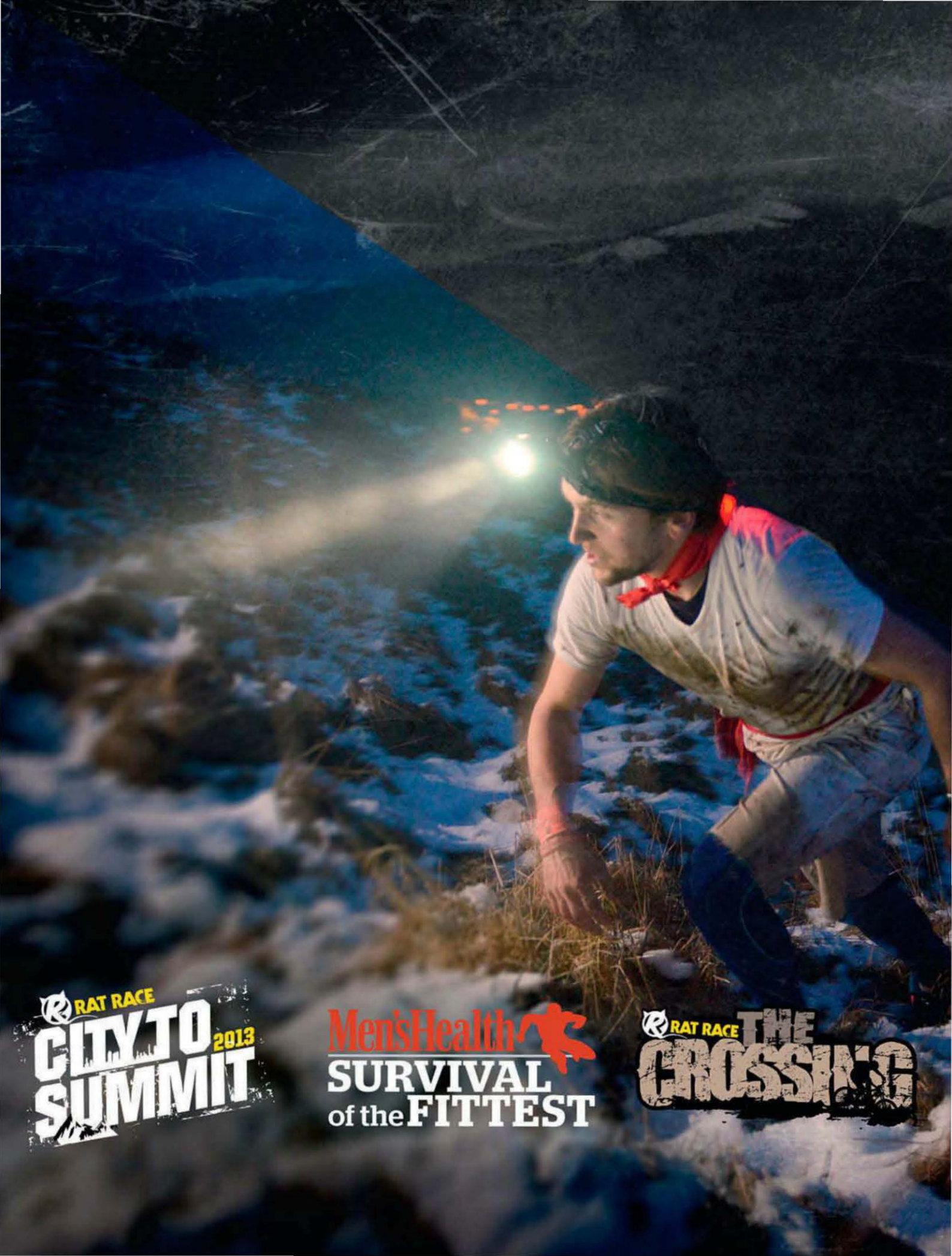
THE LENGTH MEN'S HAIR GROWS EVERY 24 HOURS

6 MILLION

THE AVERAGE NUMBER OF HAIRS YOUR BRAUN SHAVER WILL CUT EVERY 18 MONTHS

## FACT

On average, a man's beard has the same number of hairs as a woman's legs and under-arms combined



**RAT RACE**  
**CITY TO SUMMIT** 2013

**Men's Health**  
**SURVIVAL**  
of the **FITTEST**

**RAT RACE** **THE CROSSING**



JOIN THE

**RAT RACE**

HOME OF

THE WORLD'S **LARGEST** ASSAULT COURSE  
UK'S **GNARLIEST** OFF-ROAD RUN  
UK'S **BIGGEST** ULTRAMARATHON  
UK'S FIRST **MOUNTAIN** BIKE EXPEDITION  
UK'S **BIGGEST** ADVENTURE RACE  
UK'S **HARDEST** WEEKEND IN THE SADDLE  
UK'S **ORIGINAL** OBSTACLE-RACING SERIES  
UK'S **LARGEST** TRAIL RUNNING SERIES  
UK'S **TOUGHEST** TRIATHLON

DO IT ALL WITH A  
**RATRACE.COM**  
MEMBERSHIP



 RatRaceHQ

 RatRaceAdventureSports

# THE MH DIRECTORY

Look good and feel great with this selection of life-enhancing products



## 13 YEARS DEDICATED TO LASER SKINCARE DISCOVER OUR SECRET TO GREAT SKIN!

- Laser Hair Removal • Active Acne Spots
- Acne Scarring • Scar Treatment • Pigmentation
- Uneven Skin Tone • Birth Marks • Thread Veins
- Rosacea • Shaving Bumps/Scars
- Sun Spots/Freckles • Sun Damage Treatment • Stretch Mark Treatment
- Black Skin Pigmentation • Ageing Skin Revitalisation • Tattoo Removal

**LASER**  
TREATMENT CLINIC  
HARLEY ST LONDON

With nearly 15 years experience dedicated to laser skincare, the Laser Treatment Clinic is highly respected and trusted. Our consultants are professional, experienced, knowledgeable and sympathetic and provide dynamic advanced non-invasive scientific solutions. Combining revolutionary, innovative, cutting-edge technology with scientifically formulated, powerful, high-performance skincare products to complete your grooming regime. Leaving your skin smooth, re-energised and revitalised. For a Free Consultation contact **020 7307 8712**.

1 Harley Street, London W1G 9QD thelasertreatmentclinic.com



## MERCI MAMAN

Merci Maman offers a beautiful range of bespoke gifts for your loved ones. Featured is their Personalised Intertwined Necklace (£79) that will be hand-engraved with names, meaningful dates or the message of your choice. Treat the woman in your life with this gorgeous necklace and be sure to make her heart melt. Every gift is delivered in less than a week in the UK (Next Day Delivery available) and will arrive in a beautiful gift box sealed with a bow.

For more information, visit [www.mercimaman.co.uk](http://www.mercimaman.co.uk) or call 020 7731 1377.

## FITNESS NEVER LOOKED SO GOOD

Intelligent compression wear from Pelham and Strutt has integrated posture-supporting mapping, designed with a leading Physiotherapist. They sculpt and slim, as well as support and stabilise your core muscle groups during training. These garments provide amazing benefits to improve your performance whatever the occasion.

Vest £40, T-shirt £50, Long sleeve £60. Men's Health Offer: 10% off online at [pelhamandstrutt.com](http://pelhamandstrutt.com), enter MH10 at the basket or call 0203 130 4830.



## REALITY DREAMS

An independent designer brand for the fashion conscious man. Each tee is made using the highest quality fabrics, printed with unique, contemporary designs and delivered wrapped and boxed for an extra special touch. Enter RDMENSHHEALTH for an exclusive 20% discount (expires 30/06/13) available at their website [www.realitydreams.co](http://www.realitydreams.co)

## AUDEMARS PIGUET ROYAL OAK OFFSHORE HAND-WOUND TOURBILLON CHRONOGRAPH

[www.officialwatches.com](http://www.officialwatches.com)

Visit our store for the best contemporary watch collection in London, we specialise in buying and selling all major Swiss luxury watches – brands like Audemars Piguet, Cartier, Hublot, IWC, Rolex, Patek Philippe, Panerai, Rolex, Richard Mille. Please visit us at [www.officialwatches.com](http://www.officialwatches.com) or call us on 020 8882 523



Carlton – blue stripe with white collar and cuff £95

## HILDITCH & KEY

Hilditch & Key, Jermyn Street, London are the makers of the finest quality shirts since 1899. For their full collection, see [hilditchandkey.co.uk](http://hilditchandkey.co.uk) or visit their experienced and dedicated professionals in London at 37 Jermyn Street, +44 (0)20 7734 4707 or 73 Jermyn Street, +44 (0)20 7930 5336.



## STANDUP STRAIGHT!

The Recvital vest supports and effectively trains your posture and the musculature in your back during your walk, your run or while you work.

- Effective • Gives good posture • Counteracts back problems • Patented • Various models • From £64
- [recvital.co.uk](http://recvital.co.uk) 0203 286 1590



## BLUJOOS' STEAMPUNK IPHONE CASE

Fancy something different? These are not mass produced in the tens of thousands but hand crafted and each one hand finished. Paul Marsh, a movie prop maker, designed and built these cases using techniques of 'Movie Magic'. Cast in a durable polyurethane and impregnated with real metal powders for a unique finish. Now available for iPhone 5. Available at [Etsy.com](http://Etsy.com) from 'Blujoos' or call 07947789528 for support

## TOPTIPS FOR HEALTHY FEET

After a visit to the gym, dry your feet with a clean towel and wear flip flops to avoid catching Athlete's Foot, a contagious fungal infection which causes red, itchy and flaky skin. If you are unlucky and do catch athlete's foot, reach for Grisol spray, a once a day effective anti-fungal treatment to treat infection and prevent it reoccurring. The spray dries rapidly so there is no mess. Simply spray and go! Available from Boots and independent pharmacies. [www.grisol.co.uk](http://www.grisol.co.uk) [facebook.com/athletesfeet](https://www.facebook.com/athletesfeet) Contains Griseofulvin. Always read the label. Keep all medicines out of the sight and reach of children and read the leaflet before using the product.



## OWN CHARACTER

Own Character is a new fresh brand you should definitely keep your eye on for the future, with designs & garments that can only be described as "Fresh" we suggest you check out their website [www.owncharacter.com](http://www.owncharacter.com)



## LONDON TO BRIGHTON NIGHT RIDE SUPPORTED BY SANTANDER SATURDAY 13 - 14 JULY 2013

Saddle up for the London to Brighton Night Ride, the night-time twist on our world famous event. Ride through starlit lanes towards a sunrise by the sea and join us in our fight for every heartbeat.

Register now.  
Visit [bhf.org.uk/12bnight](http://bhf.org.uk/12bnight)  
Call 0300 456 8355



## THE ULTIMATE GARAGE GYM

If you'd like to get fit from the comfort of your own home then why not consider transforming part of your garage into a gym? Whether you need a small organised corner for your weights, or a complete 'fitness room' for your cardiovascular equipment, Dura can provide the tailored solution. Their award-winning modular storage cabinets can be configured to include a sink, bin, lighting, audio and TV facilities, as well as ample shelving and drawer space to meet your needs. Combine this with their simple 'clip on' wall hook system and interlocking PVC flooring, you have everything to maximise the potential of your garage and create a workout space that you can use all year round. For a FREE brochure or to arrange a FREE no-obligation survey, call **0845 371 0048** or visit [www.duragarages.com](http://www.duragarages.com)

# Men's Health FINAL EXAM

YOU AT THE BACK, ARE YOU CONCENTRATING?

## 01

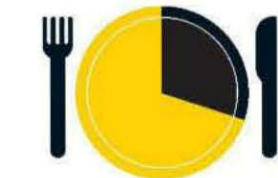
A full English every morning could make for a happy reaper. A daily 160g serving of processed meat will increase your chances of early death by...

- a) 17% ☐
- b) 27% ☐
- c) 35% ☐
- d) 44% ☐

## 02

Yellow jersey wannabes on this year's L'Étape should fill their bottles. Being 2% dehydrated can reduce performance by...

- A) 15% ☐
- B) 17.8% ☐
- C) 18.3% ☐
- D) 20% ☐



## 03

You will consume a third less calories if you eat your dinner in front of what?

- a) A television ☐
- b) A mirror ☐
- c) A photograph of yourself ☐
- d) An oncoming train ☐

## 04

In a rare example of Belgium leading the world, moules marinières gives you 70% of your RDA of which mineral?

- A) Zinc ☐
- B) Iron ☐
- C) Calcium ☐
- D) Copper ☐

## 05

BAD NEWS FOR NICE GUYS: WHICH GROUP OF MEN ALWAYS RATE HIGHEST AS INSTANTLY ATTRACTIVE TO WOMEN?

- A) Aggressive ☐
- B) Greedy ☐
- C) Narcissistic ☐
- D) UKIP-voting ☐

## 06

How many calories will a two-mile swim burn?

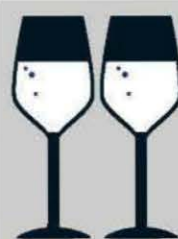
- A) 712 ☐
- B) 613 ☐
- C) 514 ☐
- D) 415 ☐



## 08

British & Irish Lions full-back Leigh Halfpenny hasn't missed a Six Nations Championship tackle for two years. At what force does he hit his victims?

- A) A tonne ☐
- B) 500KG ☐
- C) 800KG ☐
- D) 120KG ☐



## 07

In our health-advice-which-really-isn't-a-hard-sell slot... According to the University of Leicester two glasses of red wine a day halves your risk of what?

- a) Toothache ☐
- b) Bowel cancer ☐
- c) Having a stain-free carpet ☐
- d) Coming home from work and crying ☐

## 09

How many days of abstinence does it take your body to rid itself of the mentally blunting effects of cannabis?

- A) 14 ☐
- B) 18 ☐
- C) 24 ☐
- D) 28 ☐

## 10

CAREFUL HOW YOU WASH YOUR PLASTIC PROTEIN SHAKER – PUTTING IT IN YOUR DISHWASHER CAN CAUSE THE RELEASE OF BPA, A NASTY CHEMICAL LINKED TO:

- A) Prostate cancer ☐
- B) Type 2 diabetes ☐
- C) Man boobs ☐
- D) All of the above ☐

## 11

Hold the milk and sugar: what should you add to coffee to dose up on flab-fighting nutrient CLA?

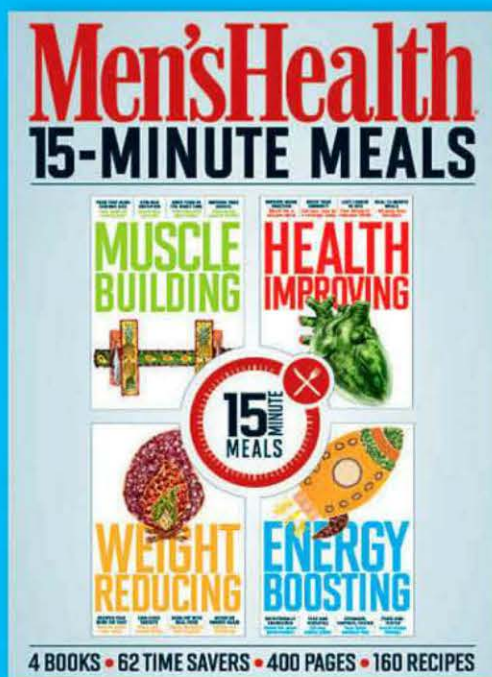
- A) Salt ☐
- B) Lemon ☐
- C) Butter ☐
- D) A polo ☐



ANSWERS: 1: D, 2: D, 3: B, 4: A, 5: C, 6: C, 7: C, 8: A, 9: C, 10: D, 11: C, 12: C, 13: C, 14: D, 15: C, 16: C, 17: B, 18: A, 19: C, 20: D, 21: C, 22: C, 23: C, 24: D, 25: C, 26: C, 27: C, 28: A, 29: C, 30: D, 31: C, 32: C, 33: C, 34: D, 35: C, 36: C, 37: C, 38: A, 39: C, 40: D, 41: C, 42: C, 43: C, 44: D, 45: C, 46: C, 47: C, 48: A, 49: C, 50: D, 51: C, 52: C, 53: C, 54: D, 55: C, 56: C, 57: C, 58: A, 59: C, 60: D, 61: C, 62: C, 63: C, 64: D, 65: C, 66: C, 67: C, 68: A, 69: C, 70: D, 71: C, 72: C, 73: C, 74: D, 75: C, 76: C, 77: C, 78: A, 79: C, 80: D, 81: C, 82: C, 83: C, 84: D, 85: C, 86: C, 87: C, 88: A, 89: C, 90: D, 91: C, 92: C, 93: C, 94: D, 95: C, 96: C, 97: C, 98: A, 99: C, 100: D, 101: C, 102: C, 103: C, 104: D, 105: C, 106: C, 107: C, 108: A, 109: C, 110: D, 111: C, 112: C, 113: C, 114: D, 115: C, 116: C, 117: C, 118: A, 119: C, 120: D, 121: C, 122: C, 123: C, 124: D, 125: C, 126: C, 127: C, 128: A, 129: C, 130: D, 131: C, 132: C, 133: C, 134: D, 135: C, 136: C, 137: C, 138: A, 139: C, 140: D, 141: C, 142: C, 143: C, 144: D, 145: C, 146: C, 147: C, 148: A, 149: C, 150: D, 151: C, 152: C, 153: C, 154: D, 155: C, 156: C, 157: C, 158: A, 159: C, 160: D, 161: C, 162: C, 163: C, 164: D, 165: C, 166: C, 167: C, 168: A, 169: C, 170: D, 171: C, 172: C, 173: C, 174: D, 175: C, 176: C, 177: C, 178: A, 179: C, 180: D, 181: C, 182: C, 183: C, 184: D, 185: C, 186: C, 187: C, 188: A, 189: C, 190: D, 191: C, 192: C, 193: C, 194: D, 195: C, 196: C, 197: C, 198: A, 199: C, 200: D, 201: C, 202: C, 203: C, 204: D, 205: C, 206: C, 207: C, 208: A, 209: C, 210: D, 211: C, 212: C, 213: C, 214: D, 215: C, 216: C, 217: C, 218: A, 219: C, 220: D, 221: C, 222: C, 223: C, 224: D, 225: C, 226: C, 227: C, 228: A, 229: C, 230: D, 231: C, 232: C, 233: C, 234: D, 235: C, 236: C, 237: C, 238: A, 239: C, 240: D, 241: C, 242: C, 243: C, 244: D, 245: C, 246: C, 247: C, 248: A, 249: C, 250: D, 251: C, 252: C, 253: C, 254: D, 255: C, 256: C, 257: C, 258: A, 259: C, 260: D, 261: C, 262: C, 263: C, 264: D, 265: C, 266: C, 267: C, 268: A, 269: C, 270: D, 271: C, 272: C, 273: C, 274: D, 275: C, 276: C, 277: C, 278: A, 279: C, 280: D, 281: C, 282: C, 283: C, 284: D, 285: C, 286: C, 287: C, 288: A, 289: C, 290: D, 291: C, 292: C, 293: C, 294: D, 295: C, 296: C, 297: C, 298: A, 299: C, 300: D, 301: C, 302: C, 303: C, 304: D, 305: C, 306: C, 307: C, 308: A, 309: C, 310: D, 311: C, 312: C, 313: C, 314: D, 315: C, 316: C, 317: C, 318: A, 319: C, 320: D, 321: C, 322: C, 323: C, 324: D, 325: C, 326: C, 327: C, 328: A, 329: C, 330: D, 331: C, 332: C, 333: C, 334: D, 335: C, 336: C, 337: C, 338: A, 339: C, 340: D, 341: C, 342: C, 343: C, 344: D, 345: C, 346: C, 347: C, 348: A, 349: C, 350: D, 351: C, 352: C, 353: C, 354: D, 355: C, 356: C, 357: C, 358: A, 359: C, 360: D, 361: C, 362: C, 363: C, 364: D, 365: C, 366: C, 367: C, 368: A, 369: C, 370: D, 371: C, 372: C, 373: C, 374: D, 375: C, 376: C, 377: C, 378: A, 379: C, 380: D, 381: C, 382: C, 383: C, 384: D, 385: C, 386: C, 387: C, 388: A, 389: C, 390: D, 391: C, 392: C, 393: C, 394: D, 395: C, 396: C, 397: C, 398: A, 399: C, 400: D, 401: C, 402: C, 403: C, 404: D, 405: C, 406: C, 407: C, 408: A, 409: C, 410: D, 411: C, 412: C, 413: C, 414: D, 415: C, 416: C, 417: C, 418: A, 419: C, 420: D, 421: C, 422: C, 423: C, 424: D, 425: C, 426: C, 427: C, 428: A, 429: C, 430: D, 431: C, 432: C, 433: C, 434: D, 435: C, 436: C, 437: C, 438: A, 439: C, 440: D, 441: C, 442: C, 443: C, 444: D, 445: C, 446: C, 447: C, 448: A, 449: C, 450: D, 451: C, 452: C, 453: C, 454: D, 455: C, 456: C, 457: C, 458: A, 459: C, 460: D, 461: C, 462: C, 463: C, 464: D, 465: C, 466: C, 467: C, 468: A, 469: C, 470: D, 471: C, 472: C, 473: C, 474: D, 475: C, 476: C, 477: C, 478: A, 479: C, 480: D, 481: C, 482: C, 483: C, 484: D, 485: C, 486: C, 487: C, 488: A, 489: C, 490: D, 491: C, 492: C, 493: C, 494: D, 495: C, 496: C, 497: C, 498: A, 499: C, 500: D, 501: C, 502: C, 503: C, 504: D, 505: C, 506: C, 507: C, 508: A, 509: C, 510: D, 511: C, 512: C, 513: C, 514: D, 515: C, 516: C, 517: C, 518: A, 519: C, 520: D, 521: C, 522: C, 523: C, 524: D, 525: C, 526: C, 527: C, 528: A, 529: C, 530: D, 531: C, 532: C, 533: C, 534: D, 535: C, 536: C, 537: C, 538: A, 539: C, 540: D, 541: C, 542: C, 543: C, 544: D, 545: C, 546: C, 547: C, 548: A, 549: C, 550: D, 551: C, 552: C, 553: C, 554: D, 555: C, 556: C, 557: C, 558: A, 559: C, 560: D, 561: C, 562: C, 563: C, 564: D, 565: C, 566: C, 567: C, 568: A, 569: C, 570: D, 571: C, 572: C, 573: C, 574: D, 575: C, 576: C, 577: C, 578: A, 579: C, 580: D, 581: C, 582: C, 583: C, 584: D, 585: C, 586: C, 587: C, 588: A, 589: C, 590: D, 591: C, 592: C, 593: C, 594: D, 595: C, 596: C, 597: C, 598: A, 599: C, 600: D, 601: C, 602: C, 603: C, 604: D, 605: C, 606: C, 607: C, 608: A, 609: C, 610: D, 611: C, 612: C, 613: C, 614: D, 615: C, 616: C, 617: C, 618: A, 619: C, 620: D, 621: C, 622: C, 623: C, 624: D, 625: C, 626: C, 627: C, 628: A, 629: C, 630: D, 631: C, 632: C, 633: C, 634: D, 635: C, 636: C, 637: C, 638: A, 639: C, 640: D, 641: C, 642: C, 643: C, 644: D, 645: C, 646: C, 647: C, 648: A, 649: C, 650: D, 651: C, 652: C, 653: C, 654: D, 655: C, 656: C, 657: C, 658: A, 659: C, 660: D, 661: C, 662: C, 663: C, 664: D, 665: C, 666: C, 667: C, 668: A, 669: C, 670: D, 671: C, 672: C, 673: C, 674: D, 675: C, 676: C, 677: C, 678: A, 679: C, 680: D, 681: C, 682: C, 683: C, 684: D, 685: C, 686: C, 687: C, 688: A, 689: C, 690: D, 691: C, 692: C, 693: C, 694: D, 695: C, 696: C, 697: C, 698: A, 699: C, 700: D, 701: C, 702: C, 703: C, 704: D, 705: C, 706: C, 707: C, 708: A, 709: C, 710: D, 711: C, 712: C, 713: C, 714: D, 715: C, 716: C, 717: C, 718: A, 719: C, 720: D, 721: C, 722: C, 723: C, 724: D, 725: C, 726: C, 727: C, 728: A, 729: C, 730: D, 731: C, 732: C, 733: C, 734: D, 735: C, 736: C, 737: C, 738: A, 739: C, 740: D, 741: C, 742: C, 743: C, 744: D, 745: C, 746: C, 747: C, 748: A, 749: C, 750: D, 751: C, 752: C, 753: C, 754: D, 755: C, 756: C, 757: C, 758: A, 759: C, 760: D, 761: C, 762: C, 763: C, 764: D, 765: C, 766: C, 767: C, 768: A, 769: C, 770: D, 771: C, 772: C, 773: C, 774: D, 775: C, 776: C, 777: C, 778: A, 779: C, 780: D, 781: C, 782: C, 783: C, 784: D, 785: C, 786: C, 787: C, 788: A, 789: C, 790: D, 791: C, 792: C, 793: C, 794: D, 795: C, 796: C, 797: C, 798: A, 799: C, 800: D, 801: C, 802: C, 803: C, 804: D, 805: C, 806: C, 807: C, 808: A, 809: C, 810: D, 811: C, 812: C, 813: C, 814: D, 815: C, 816: C, 817: C, 818: A, 819: C, 820: D, 821: C, 822: C, 823: C, 824: D, 825: C, 826: C, 827: C, 828: A, 829: C, 830: D, 831: C, 832: C, 833: C, 834: D, 835: C, 836: C, 837: C, 838: A, 839: C, 840: D, 841: C, 842: C, 843: C, 844: D, 845: C, 846: C, 847: C, 848: A, 849: C, 850: D, 851: C, 852: C, 853: C, 854: D, 855: C, 856: C, 857: C, 858: A, 859: C, 860: D, 861: C, 862: C, 863: C, 864: D, 865: C, 866: C, 867: C, 868: A, 869: C, 870: D, 871: C, 872: C, 873: C, 874: D, 875: C, 876: C, 877: C, 878: A, 879: C, 880: D, 881: C, 882: C, 883: C, 884: D, 885: C, 886: C, 887: C, 888: A, 889: C, 890: D, 891: C, 892: C, 893: C, 894: D, 895: C, 896: C, 897: C, 898: A, 899: C, 900: D, 901: C, 902: C, 903: C, 904: D, 905: C, 906: C, 907: C, 908: A, 909: C, 910: D, 911: C, 912: C, 913: C, 914: D, 915: C, 916: C, 917: C, 918: A, 919: C, 920: D, 921: C, 922: C, 923: C, 924: D, 925: C, 926: C, 927: C, 928: A, 929: C, 930: D, 931: C, 932: C, 933: C, 934: D, 935: C, 936: C, 937: C, 938: A, 939: C, 940: D, 941: C, 942: C, 943: C, 944: D, 945: C, 946: C, 947: C, 948: A, 949: C, 950: D, 951: C, 952: C, 953: C, 954: D, 955: C, 956: C, 957: C, 958: A, 959: C, 960: D, 961: C, 962: C, 963: C, 964: D, 965: C, 966: C, 967: C, 968: A, 969: C, 970: D, 971: C, 972: C, 973: C, 974: D, 975: C, 976: C, 977: C, 978: A, 979: C, 980: D, 981: C, 982: C, 983: C, 984: D, 985: C, 986: C, 987: C, 988: A, 989: C, 990: D, 991: C, 992: C, 993: C, 994: D, 995: C, 996: C, 997: C, 998: A, 999: C, 1000: D, 1001: C, 1002: C, 1003: C, 1004: D, 1005: C, 1006: C, 1007: C, 1008: A, 1009: C, 1010: D, 1011: C, 1012: C, 1013: C, 1014: D, 1015: C, 1016: C, 1017: C, 1018: A, 1019: C, 1020: D, 1021: C, 1022: C, 1023: C, 1024: D, 1025: C, 1026: C, 1027: C, 1028: A, 1029: C, 1030: D, 1031: C, 1032: C, 1033: C, 1034: D, 1035: C, 1036: C, 1037: C, 1038: A, 1039: C, 1040: D, 1041: C, 1042: C, 1043: C, 1044: D, 1045: C, 1046: C, 1047: C, 1048: A, 1049: C, 1050: D, 1051: C, 1052: C, 1053: C, 1054: D, 1055: C, 1056: C, 1057: C, 1058: A, 1059: C, 1060: D, 1061: C, 1062: C, 1063: C, 1064: D, 1065: C, 1066: C, 1067: C, 1068: A, 1069: C, 1070: D, 1071: C, 1072: C, 1073: C, 1074: D, 1075: C, 1076: C, 1077: C, 1078: A, 1079: C, 1080: D, 1081: C, 1082: C, 1083: C, 1084: D, 1085: C, 1086: C, 1087: C, 1088: A, 1089: C, 1090: D, 1091: C, 1092: C, 1093: C, 1094: D, 1095: C, 1096: C, 1097: C, 1098: A, 1099: C, 1100: D, 1101: C, 1102: C, 1103: C, 1104: D, 1105: C, 1106: C, 1107: C, 1108: A, 1109: C, 1110: D, 1111: C, 1112: C, 1113: C, 1114: D, 1115: C, 1116: C, 1117: C, 1118: A, 1119: C, 1120: D, 1121: C, 1122: C, 1123: C, 1124: D, 1125: C, 1126: C, 1127: C, 1128: A, 1129: C, 1130: D, 1131: C, 1132: C, 1133: C, 1134: D, 1135: C, 1136: C, 1137: C, 1138: A, 1139: C, 1140: D, 1141: C, 1142: C, 1143: C, 1144: D, 1145: C, 1146: C, 1147: C, 1148: A, 1149: C, 1150: D, 1151: C, 1152: C, 1153: C, 1154: D, 1155: C, 1156: C, 1157: C, 1158: A, 1159: C, 1160: D, 1161: C, 1162: C, 1163: C, 1164: D, 1165: C, 1166: C, 1167: C, 1168: A, 1169: C, 1170: D, 1171: C, 1172: C, 1173: C, 1174: D, 1175: C, 1176: C, 1177: C, 1178: A, 1179: C, 1180: D, 1181: C, 1182: C, 1183: C, 1184: D, 1185: C, 1186: C, 1187: C, 1188: A, 1189: C, 1190: D, 1191: C, 1192: C, 1193: C, 1194: D, 1195: C, 1196: C, 1197: C, 1198: A, 1199: C, 1200: D, 1201: C, 1202: C, 1203: C, 1204: D, 1205: C, 1206: C, 1207: C, 1208: A, 1209: C, 1210: D, 1211: C, 1212: C, 1213: C, 1214: D, 1215: C, 1216: C, 1217: C, 1218: A, 1219: C, 1220: D, 1221: C, 1222: C, 1223: C, 1224: D, 1225: C, 1226: C, 1227: C, 1228: A, 1229: C, 1230: D, 1231: C, 1232: C, 1233: C, 1234: D, 1235: C, 1236: C, 1237: C, 1238: A, 1239: C, 1240: D, 1241: C, 1242: C, 1243: C, 1244: D, 1245: C, 1246: C, 1247: C, 1248: A, 1249: C, 1250: D, 1251: C, 1252: C, 1253: C, 1254: D, 1255: C, 1256: C, 1257: C, 1258: A, 1259: C, 1260: D, 1261: C, 1262: C, 1263: C, 1264: D, 1265: C, 1266: C, 1267: C, 1268: A, 1269: C, 1270: D, 1271: C, 1272: C, 1273: C, 1274: D, 1275: C, 1276: C, 1277: C, 1278: A, 1279: C, 1280: D, 1281: C, 1282: C, 1283: C, 1284: D, 1285: C, 1286: C, 1287: C, 1288: A, 1289: C, 1290: D, 1291: C, 1292: C, 1293: C, 1294: D, 1295: C, 1296: C, 1297: C, 1298: A, 1299: C, 1300: D, 1301: C, 1302: C, 1303: C, 1304: D, 1305: C, 1306: C, 1307: C, 1308: A, 1309: C, 1310: D, 1311: C, 1312: C, 1313: C, 1314: D, 1315: C, 1316: C, 1317: C, 1318: A, 1319: C, 1320: D, 1321: C, 1322: C, 1323: C, 1324: D, 1325: C, 1326: C, 1327: C, 1328: A, 1329: C, 1330: D, 1331: C, 1332: C, 1333: C, 1334: D, 1335: C, 1336: C, 1337: C, 1338: A, 1339: C, 1340: D, 1341: C, 1342: C, 1343: C, 1344: D, 1345: C, 1346: C, 1347: C, 1348: A, 1349: C, 1350: D, 1351: C, 1352: C, 1353: C,

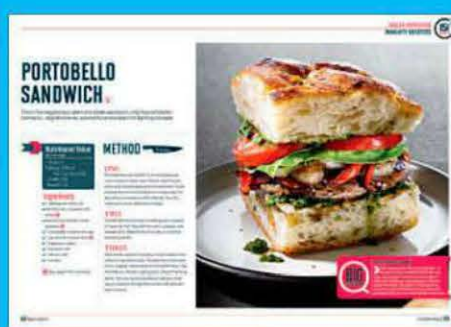
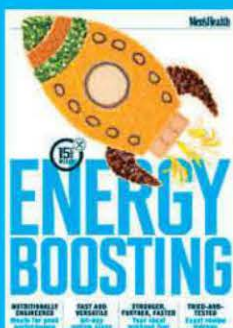
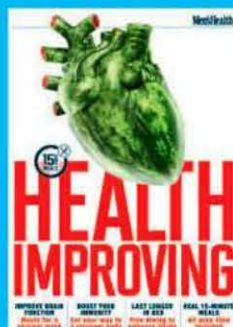
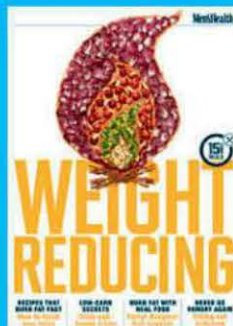
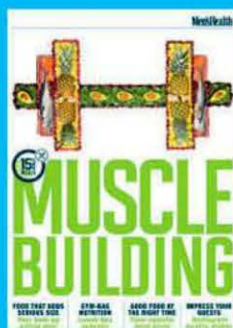
# NEW FROM **Men'sHealth** 15-MINUTE MEALS

TARGETED NUTRITION, DELIVERED FAST...



**4 BOOK BOX-SET  
ONLY £9.99!**

- ✂ Eat your way leaner in under a week
- ✂ Build muscle in record time
- ✂ Increase endurance levels overnight
- ✂ Spice up your sex life at the dinner table
- ✂ Protect your body from disease



ORDER NOW FOR FAST DELIVERY TO YOUR DOOR:

**[menshealthstore.co.uk/mhbooks](http://menshealthstore.co.uk/mhbooks)**

A new fragrance for men

# ENCOUNTER

Calvin Klein



Alexander Skarsgård